

From the best-selling authors of the pH Miracle books



THE pH MIRACLE FOR CANCER

DISCOVER THE TRUTH ABOUT THE CAUSE, PREVENTION,
TREATMENTS, AND REVERSAL OF ALL TYPES OF CANCER.



ROBERT O. YOUNG, PhD, AND SHELLEY REDFORD YOUNG

Acclaim for The pH Miracle for Cancer

Discover the Truth About the Cause, Prevention, Treatments and Reversal of all Types of Cancer

This is one of the most important books you will ever read. I am delighted to recommend this wonderful resource to anyone who wants to take control of their health and prevent or even reverse cancer.”

—John P. Salerno, MD, *world-renowned medical authority on anti-aging and weight loss*

“This book is a MUST read for anyone interested in creating vibrant health and a sustainable nutritional program for a healthy body. Many people have healed from life- threatening illnesses such as cancer just by making basic changes in their diets and implementing the powerful tools offered in this inspiring, life-changing book. It is an easy read that makes common sense, yet it is backed with countless scientific studies, all of which will inspire you to take your health into your own hands. I recommend reading it from cover to cover and then taking its principles into your life, to promote general health and wellbeing and increased energy levels. Your body will thank you!”

—Brandon Bays, *Author, Founder, TheJourney.com*

“Controlling the body’s systemic pH balance during a person’s life, using either an alkalinizing diet and/or buffering strategies, may help a lot in preventing the vast majority of diseases, including cancer. By the same token therapies based on alkalization may help in curing or at least stabilizing many incurable diseases, including a global nightmare such as cancer today. This book will help in understanding more on this issue.” —Stefano Fais, MD, PhD, Head Anti-Tumor Drug Section, National Institute of Health

“At last—here are practical, effective steps on how to fight cancer and win.” —Elisabetta Macorsini, PhD, *Biologist, Scientific Consul for Human Nutrition for the National Board of Biologists*

“New research validates Dr. Young’s findings on the true cause of cancer. This book provides the definitive answer to the cause, prevention and cure of cancer and of a great many diseases that plague the world today.” —Emanuele Ugo D’Abramo, MD, *World Renowned Medical Doctor* ii The pH Miracle for Cancer

“With the knowledge of The pH Miracle for Cancer in your hands, you can change your destiny, cancer-proof your body and escape the devastation of medical intervention.”

—Roy Martina, MD, *World-Renowned Medical Doctor*

“This wonderful book will show you how, by adopting an alkaline diet and lifestyle, you can regain your natural inner balance at a cellular level and create optimal health.”

—Prof. Angelo De Giglio, *University of Chemistry*

“The pH Miracle for Cancer is the fastest way to lose weight, prevent disease, restore health, and feel better than ever.”

—Stefano DiVecchio, MD

iii

The pH Miracle for Cancer

Discover the Truth About the Cause, Prevention, Treatments, and Reversal of All Types of Cancer

**Also by Robert O. Young, MSc., Ph.D., D. Sc.,
N.D. and Shelley Redford Young, LMT**

***The pH Miracle (Book 1) The pH Miracle (Book 2
revised and updated) The pH Miracle for Diabetes
The pH Miracle for Weight Loss Sick and Tired
Back to the House of Health Back to the House of
Health 2***

Reverse Cancer Now with Matt Traverso

The pH Miracle for Cancer v

**The pH Miracle for Cancer Discover the Truth
About the Cause, Prevention, Treatments, and
Reversal of All Types of Cancer**

**Robert O. Young, M.Sc., Ph.D., D. Sc., ND, and
Shelley Redford Young**

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Dr Young is available for speaking engagements. Please contact The pH Miracle Center at 760-484-1075

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Disclaimer vii

Disclaimer

This information and program is not intended to replace the services of trained health professionals, or be a substitute for medical advice. You are advised to consult with your health care professionals with regard to matters relating to your health, particularly regarding matters that may require diagnosis or medical attention.

The information in this book is for informational and educational purposes only. The Food and Drug Administration have not evaluated these statements. This material is written for the express purpose of sharing educational information and scientific research gathered from the studies and experiences of the authors, healthcare professionals, scientists, nutritionists and informed health advocates.

Before beginning any practice relating to health, diet or exercise, we highly recommend that you first obtain the consent and advice of a licensed health care professional. The information contained herein is not intended to replace a one-on-one relationship with a doctor or qualified health care professional.

This information is not intended as medical advice, but rather a sharing of knowledge and information from the research and experience of the authors. The publisher and the authors encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional. You and only you are responsible if you choose to do anything based on what you read.

viii The pH Miracle for Cancer

Dedication

To my father, Seth Young, who was my hero and teacher. He was diagnosed with prostate cancer at the age of 72 and given only 3 months to live. He decided against surgery, radiation and chemotherapy and made alkaline changes in his lifestyle and diet. Because of his decision not to follow the conventional medical path, our family was blessed with his presence for 12 more quality years. What is interesting and important to share is my father did not pass away from prostate cancer.

To my father-in-law Jerry Thompson who was diagnosed with Hodgkin Lymphoma at age 42 and was a pillar of love and strength throughout his health challenges. He did follow the conventional medical path of chemotherapy, radiation and surgery and suffered greatly. He handled his afflictions well and during this time became an accomplished artist. His love for art inspired my wife Shelley who is now following her passion of art that was instilled in her from her wonderful father. Jerry passed away not from cancer but from calcified heart valves from extensive radiation to his chest.

To my kind and loving sister, Judy Young Halverson who died from breast cancer at the young age of 64. She followed the conventional medical approach of chemotherapy, radiation and surgery.

To my angelic sister, Betty Young Swenson, who was diagnosed with breast and reproductive cancer over 10 year ago and is doing great.

She is living her passion serving her family, children, grandchildren and faith.

To my oldest brother, Roger Allan Young, who was diagnosed with prostate cancer over ten years ago and doing well following a more alkaline lifestyle and diet.

To our four wonderful and beautiful children who are now all adults: Adam, Ashley Rose, Andrew and Alex. To our son-in-law, Matthew who helped edit this book, and daughter-in-law, Arica. To our pH Miracle grandchildren, CharLee, Isabeau, Andilyn, and our latest, Taj Andrew Young, who all follow the alkaline lifestyle and diet.

Finally to a future where there is no cancer among us. To the children of the world, who are at the forefront of an ever changing and challenging acidic cancerous world, it is our hope and prayer that the message of The pH Miracle for Cancer, the New Biology®, and the science of alkaline living for health will be received within your minds and hearts and become the foundation for an alkaline world that is healthier and happier and free from all cancerous conditions.

Contents ix

Contents

Preface xi

Acknowledgements xiii Foreword xvii

Section 1: New Biology Cancer Theory- Page 1

[1 What Is Cancer? 1](#)

[2 What Causes Cancer? 7](#)

Section 2: Preventions and Cures- Page 17

[3 Cure for All Cancers 17](#)

[4 Science of Alkalinity 25](#)

[5. Can You Over Alkalize? 41](#)

[6. The Blood Jerk Reaction 51](#)

7 Key to Prevention 61

[8 Proactive Cancer Prevention 67](#)

Section 3: Cancer Prevention & The pH Miracle Diet- Page 69

[9 The Acid Diet-Cancer Connection 69](#)

[10 Cancer-Causing Diagnostics and Vaccines 77](#)

[11 Cancer-Causing Foods 83](#)

[12 Study Links GMO to Cancer 99](#)

[13 Cancer-Preventing Foods 111](#)

Section 4: Thoughts and Emotions- Page 139

[14 Mental-Emotional Connection 139](#)

15 Emotional Cleaning and Cleansing 147

Section 5: Physical Connection- Page 159

[16 The Body as A Temple of God 159](#)

[17 Exercise Daily 163](#)

[18 Lymphatic System and Skin 169](#)

[19 Alkalizing and Energizing Exercise 173](#) x The pH Miracle for Cancer

Contents

Section 6: The pH Miracle for Cancer Protocol- Page 193

20. pH Miracle for Cancer Protocol for all Cancerous Conditions 193

[21. Putting It Together 205](#)

22 pH Miracle Whole Body Cleanse 215

[23. Alkalizing Nutritional Supplements 229](#)

[24 Let's Get Physical 263](#)

[25 The pH Miracle Recipes 295](#)

[26 Juicing Recipes 349](#)

Section 7: pH Miracle Case Studies- Page 357 27 32 Selected Case Studies 357

Section 8: Non-Invasive, Non-Radioactive Diagnostics- Page

421 28 Full-Body Thermography, Ultrasound, 3-D Functionality,

pHase Angle, Live and Dried Blood Cell Analysis 421

Section 9: Questions & Answers- Page 433 [29 Questions & Answers 433](#)

Appendix- Page 465 [Resource 467](#)
[Recommended Reading 473](#) [References 477](#)
[Alkaline Foods Chart 571](#) [About the Authors 579](#)

Preface xi

Preface

The pH Miracle
New Biology for living, eating, and thinking
By Dr. Robert O. Young

I am excited to share my cancer research, what I call the New Biology® and the pH Miracle—a new way of living, eating, and thinking. My hope is that you and your loved ones will find answers to your cancer questions in this book, come to understand The pH Miracle New Biology®, and opt for this approach as a lifestyle, not just a short-term life-saving necessity in response to a diagnosis of cancer.

I hope you will think of the New Biology as the natural, logical, intelligent, and first and right health choice—and then consider, as a second opinion, what others say, especially if and when you are diagnosed with cancer.

The growing pervasiveness of various forms of cancer forces us to think hard about the current state of health care and the future of medicine.

Have you ever asked yourself: What is the cause of all cancers? What is cancer—a mutant cell, a virus, a mold or an acidic liquid? Is cancer a noun or an adjective that explains what's happening to the body cells? Are tumors bad or good? What role does the lymphatic system play in preventing and reversing a cancerous condition?

WHAT LIES WITHIN US

These questions have certainly weighed on me. For the last 30 years, most of my cancer research has focused on what is happening to the cells relative to the environment around those cells. Ralph Waldo Emerson wisely noted: “What lies behind us and what lies before us are tiny matters compared to what lies within us.”

My cancer research has focused on what lies within us—specifically, how the internal fluids of the body affect the health, energy, and vitality of the human cell, tissues, organs and glands. Dr Benjamin Rush, eminent physician and signer of the Declaration of Independence, said: “Unless we put medical freedom into the Constitution, the time will come when medicine will organize into an underground dictatorship. To restrict the art of healing to one class of men and deny equal privileges xii The pH Miracle for Cancer

to others will constitute the Bastille of medical science. All such laws are un-American and despotic.”

Medicine should not solely focus on the diagnosis and treatment of a disease but also endeavor to prevent illness by the promotion of health and fitness. Why? Because disease is an illusion. In reality, what we call disease is the manifestation of the body struggling to prevent over-acidification, fermentation, and breakdown of the body's cells, tissues, organs and glands. Disease is the body in preservation mode straining to maintain the homeostasis of its internal, alkaline fluids.

The focus for preventing and reversing cancer must be on maintaining the alkaline pH of the body fluids, recognizing that cancer is a systemic acidic condition. The key to preventing and reversing cancer is to obtain the necessary sustainable energy for optimal body function and the elimination of toxic acidic waste products from diet, metabolism, respiration and the environment, all of which contribute to the cause of a cancerous condition.

The ultimate purpose of medicine should be to help us discover the true source of wellbeing, joy, and contentment. As we discover that

this true source lies in our minds and hearts, we can be free from the futile process of grasping for happiness in a physical world. To support this approach, we must embrace a more spiritual vision of ourselves and of humanity as a whole, while at the right time providing great love, care, and attention to the physical body. Only then will medicine (or treatments that medicine performs) help us discover this spiritual dimension of ourselves.

LESS FEAR, MORE FAITH

When this discovery happens we can live and work with less fear. Rather than working in fear, we can work in faith. When we have less stress, grasping to preserve the physical body at all costs, we can be happy, energetic, and free from all sickness and disease, especially cancer.

Several years ago, Shelley and I had a wonderful experience with Dr. Lawrence Carter, caretaker of the estate of Martin Luther King at Morehouse College and a protégé of M. L. King. From Dr. Carter I learned to have an open mind, not just thinking outside the box but also instead thinking of making our box of knowledge bigger.

I encourage you to make your box bigger, to include all truth, as you contemplate the New Biology approach to the prevention and treatment of cancer. I believe in the words of Gandhi: “You must be the change you wish to see in the world.”

Acknowledgements xiii

Acknowledgements

“If I have seen further it is by standing on the shoulders of giants”

– Sir Isaac Newton

This quote reflects how I personally feel about the men, women and children who have had a powerful impact on my life’s work and mission. The gifts of wisdom, knowledge, inspiration, and encouragement have led me to The pH Miracle for Cancer, the New Biology®, and the science of alkaline living, eating and thinking.

I would like to acknowledge my wife, Shelley Redford Young who has sacrificed her own personal interests for years to support my research and mission to change lives and save lives. Her contributions to the pH Miracle lifestyle and diet have been invaluable in making the lifestyle and diet enjoyable and simple.

Our children, Adam, Alex, Andrew and Ashley Rose, who have worked in the business and have contributed their knowledge and talents in helping to get the pH Miracle message out to the world.

Our pH Miracle staff, Rosie, Elizabeth, Lucy, Elvia, Juan, Mauricio, Caroline, Dawn, and Elaine who have been devoted employees for many years in supporting my work and serving my clients from around the world.

My thanks to Matt Traverso from Rome, Italy, for his many material contributions to The pH Miracle for Cancer and How To Reverse Cancer Now.

Our health and medical team at The pH Miracle Medical Association: Ben Johnson, MD, Galina Migalko, MD, Teresa Embry, and Pamela Murray who have provided their unique talents and training in the diagnostics, treatments and care of our member clients from over 119 different countries.

To the many medical and naturopathic doctors who have influenced my research, including Luc Montagnier, MD, Noble Prize winner in medicine, who currently resides in China doing antioxidant and acid/alkaline research.

Dr. Ken Dev, Ph.D., MD, who worked on the mapping of the human genome and has helped me in the structuring of research for documenting the effects of acids on the genetics of the human cell.

xiv The pH Miracle for Cancer

Dr. Neil Solomon, former head of research at Johns Hopkins Medical University who evaluated the efficacy of my life's work and

concluded that it would change the biology and medical worlds, as we know them today.

Dr. Booth Danesh, gastroenterologist from the UK, who has published research in the New England Journal of Medicine on the negative effects of metabolic acids in the body fluids validating my work.

Dr. Arvil Campbell, Oncologist who is living The pH Miracle for Cancer Protocol and sharing it with her colleges at the Beatson Institute for Cancer Research in Glasgow, Scotland. I was pleasantly surprised when Dr. Campbell stated that every cancer doctor treating cancer should experience their recommended cancer treatments first, before administering them to their patients.

Dr. Daniel Vicario, MD, Oncologist at the San Diego Cancer Center taught me that any cancer treatment administered whether conventional or traditional must be embraced and believed in by the patient for it to work. He suggested that any healing and reversal of cancer is not just physical but also emotional and spiritual.

Dr. Gernot Winkler, MD, who taught me that conventional cancer treatments can be integrated with alternative or traditional natural treatments and work synergistically in the healing and reversal of cancer.

Dr. Iveta Cizora, MD, from Slovakia who and is sharing the pH Miracle for Cancer throughout her country. Dr. Pernilla Knudtzon, MD, from Denmark and Spain and has been a great educator and clinician for the pH Miracle Protocols.

Dr. Ashley Granot, from Australia who has implemented The pH Miracle lifestyle in his practice. Dr. Niki Angelopoulos, ND, from Australia who is spreading the good news of the pH Miracle throughout Australia. Dr. Christina Andralia, MD, from Indonesia who is doing clinical and University research on the efficacy of The pH Miracle Protocols for reversing diabetes, cancer and heart disease.

Dr. Matea Polisoto, ND, for successfully carrying on my work with her healing heart and hands.

Dr. Stephano, Ph.D., MD. Director of National Health for Italy, from Rome, Italy, who has been a major influence and support for getting The pH Miracle for Cancer theory known throughout Italy.

Dr. Antione Bechamp, MD, from France, who set the foundation of my understanding on how matter can take on different forms and funcAcknowledgements xv

tions, a doctrine he referred to as pleomorphism. If it had been given the chance, his biological work might have revolutionized medicine with its profound insight into the nature of life, thus providing the cures for many sicknesses and diseases, including cancer, that science is still diligently seeking. His life's work opened my eyes and my heart and set me on my path of scientific research and discovery of the nature of cancer and how to reverse it.

Finally and foremost, I give thanks to God, who is the giver of all good gifts, the breath of all that is living, and who gives meaning and purpose to my life and world mission. He who has also taught me the true nature and meaning of the blood and the anatomical living being that make up all organized matter. In His words, "Life and death are in the blood, from dust you are and from dust you will return, flesh is blood and finally, don't you know that you were created out of one drop of blood."

Albert Einstein said, "There are only two ways to live your life. One is as though there are no miracles. The other is as though everything is a miracle." Daily I choose to live my life as if everything is a pH Miracle, where pH stands for perfect health.
Foreword xvii

Foreword

Cancer is Preventable and Reversible! Introducing Dr. Robert O. Young and The pH Miracle By Matt Traverso, Author of Extreme Health Now

For years I have been reading the inspired and well-researched writings of Dr. Robert O. Young D.Sc., Ph.D. He posits that we are alkaline by design and acidic by function. He suggests that there is only one sickness and one disease, caused by an over acidification of the blood and then tissues due to an inverted way of living, eating and thinking. There is no way to have health and acidity—health and alkalinity is the way!

Now in this book, he applies his research and insights to cancer. I am excited to introduce you to the cancer-related work of the leading nutritional microbiologist in the world today. Over the past 25 years, Dr. Young has been focused his research at the cellular level. Having a specialty in cellular nutrition, he has devoted his life to researching the causes of disease, developing what he calls The New Biology™ to help people balance their life. The old biology (based on the work of Louis Pasteur, late 1800s) postulates that disease comes from germs and bacteria, which invade the body from the outside. The New Biology states that there is only One Sickness and One Disease, and this one sickness is the over-acidification of the body due primarily to an inverted way of living, thinking, and eating.

This is the simplest, most effective and most powerful therapy for curing cancer and creating optimal health. This information has the power to transform your life. It has helped turn cancer terminal patients (people labeled soon to be dead with no hope) into lively, thriving, and healthy individuals. Despite what doctors and the pharmaceutical and health care industries would have you believe, there is now a simple, easy and natural way to control, manage and cure cancer from your life and those you love. This breakthrough methodology, developed by world-renowned scientist Dr, Robert O. Young, has already benefited thousands of cancer patients.

YOUR BODY: YOUR GREATEST TREASURE

Despite all the demands you make of it, your body produces billions of new cells every second; makes you hear, feel, see, smell, taste; regulates xviii The pH Miracle for Cancer

your temperature; and operates this powerful super-computer—your brain. Your body puts any man-made technology to shame. It is a beautifully created, perfectly and delicately balanced self-healing organism. And yet most of us either take this miracle completely for granted or we abuse it! You always pay the price or reap the rewards for your life choices. So, honor your body. Respect it. To *not* care for your body is to reject *life*. Every moment of your life you have a *choice*—what you put in your mouth, whether to exercise or not, whether to smoke, take drugs, drink alcohol, eat meat... or not. Vibrant health or pain and disease, you will soon discover, is a *choice*.

Imagine that you are driving an all-natural, organic, living, breathing car. For two million years, this car has been using fuel such as: water, seeds, nuts, grasses, herbs, roots, fruits, vegetables, and uncooked cereals. Then for the last century, the car switched to a new, modern mixture of sugar, sweets, biscuits, crisps, chocolate, coffee, tea, coca-cola, fats, oils, cigarettes, alcohol, vinegar, pharmaceutical drugs, caffeine, chemicals, pesticides, preservatives, meat, milk, cheese, ice-cream, and refined carbohydrates with zero nutritional value (white rice, white flour, white sugar, pasta, bread).

What would happen to this vehicle? Yes, it would break down. So you bring it to the mechanic. Now, is it in the mechanic's interest to resolve the source of the problem (your choice of fuel)? Or does he give you the instant fix to get the car going again? After all, you are a busy person, you're experiencing pain and are immobilized, and you need this problem fixed as soon as possible. You even ask for a fix.

So, the mechanic offers you an *instant* fix. What should you do? What is the intelligent thing to do? What is the right thing to do? Keep taking the car to the mechanic, or clean the fuel tank and use a cleaner fuel? For every health challenge out there, all you ever hear is take this drug or go to Dr. "FeelGood" and pop a pill to make yourself feel all better again. Sure, take drugs to make the symptom go away, but what about the source of the problem?

You need to eradicate the source, the root of your health problems. Ultimately, any ailment you experience comes from a breakdown within your body. Diseases are warning signs that something inside of you is unbalanced.

A cultural hypnosis has taught us that we are fragile, that we are in danger, that our bodies are constantly under attack by bugs, germs, and viruses, that most sickness and disease comes from external agents attacking our body—and that drugs are the answer to disease.

The truth is that health comes from within, and is also lost from within. Our natural state is one of strength, health, and energy. We are genetically programmed to be healthy and to thrive. Your disease is a symptom of something fundamental happening within you. Drugs deal with the short-term effect, the surface cause of your discomfort, the symptom. Creating health and restoring your body has nothing to do with drugs. The source of the problem is the way you live your life. Conventional medicine (aka orthodox or allopathic medicine) utilizes poisonous substances (drugs) in non-lethal dosages in order to suppress symptoms. This approach neither addresses the cause of the disease condition, nor is it responsible for healing the patient. Rather, the use of drugs will temporarily mask the manifestations of the disease, while driving the disease deeper into the body—only to reappear later as a more serious and chronic health threat.

A PERSONAL INVITATION

I want you to get everything you can out of this program. To do that, you'll have to change the way you think about health and take responsibility for your own health.

Please understand: Your health is not some highly complex thing that you can't gain full control over. You don't have to hand over your health to an "expert" who will know what to do with it. All you need is the right information. The best person to take charge of your health is you!

You must decide what to believe. Everything Dr. Young is sharing is backed up by 30 years of scientific research and extraordinary results with thousands and thousands of cancer patients. Ultimately the best way to decide is to try it and judge by the results in your own body. If you do, I promise you a total transformation in your health and in the quality of your life. This breakthrough information can help you free yourself of cancer (or any disease) and create extraordinary energy in your life—to help you get what we contract for: health care, and stop our sick care.

Chemotherapy, radiation and surgery as curative measures for cancer have failed miserably—without even mentioning the quality of life during the treatment. There will be ever-increasing pressure to persuade patients to choose this insanity—driven by the illusion that this is their only source for a cure.

xx The pH Miracle for Cancer

The only person who can cure you is *you*. No doctor can eat your food, exercise your body, manage your thoughts and emotions, or adopt a new lifestyle. Only you can do these things. Only you can understand and tune into your symptoms. Only you can decide to triumph over cancer and reclaim your life. We all must nurture, support and respect our immune system. Let's embrace life and live it to the fullest. This book will help you open your eyes, broaden your horizons, and find the solution that's already within you—in your body's miraculous self-healing ability to rebuild and repair itself.

Wellness is your birthright. The answers are always within you, found in your immune systems and biology. You are a living, breathing healing machine. So, discover how to cure cancer and transform your body into a healthy, energetic example of what life is supposed to be. Take back your health power! It is your life, your health, and your choice. Choose wisely.

Having a specialty in cellular nutrition, Dr. Young has devoted his life to researching the true causes of disease and developing the New Biology™ to help people balance their life. The old biology (based on the work of Louis Pasteur in the late 1800s) stems from the idea that

disease comes from germs and bacteria, which invade the body from the outside. In contrast, Dr. Young's New Biology states that there is only One Sickness and One Disease, and that this one sickness is the over-acidification of the body due primarily to an inverted way of living, thinking, and eating. This over-acidification leads to the over-growth in our body of microorganisms (such as yeast and fungi) whose poisons produce the symptomologies that medical science refers to as "disease".

Based on Dr. Young's theory, there's only one sickness, and therefore only one remedy and treatment—and that is to alkalize the body and break the cycle of imbalance, enabling us to experience the energy, vitality and true health we're all meant to have.

I am not one who easily buys into miracle cures—nor am I easily swayed by other people's opinions or anecdotal reports. I'm wary of exaggerated health claims provided by individuals or enterprises that stand to make huge profits from them. But the more I researched Dr. Young's New Biology, the more I was impressed that his therapy has been used by so many health practitioners to heal cancer and every conceivable disease. My skepticism turned to conviction when I realized that this cure is the only healing therapy that finally eliminates the *real* cause of cancer!

This is the simplest, most effective and most powerful therapy for curing cancer and creating optimal health. Dr. Young suggests that there's only one sickness, and there can therefore be only one remedy and treatment—to alkalize the body and break the cycle of imbalance, enabling us to experience the energy, vitality and health we all desire.

I believe Dr. Young's New Biology is the definitive answer to the cause, prevention and cure of cancer and of a great many other diseases.

Therefore, I am honored to introduce you to a research scientist who is not only a genius in his field, but a man with an immense heart. Dr. Young is a man who truly cares deeply, and I am certain his knowledge and caring can make a difference not only in your life, but

also in the lives of all your family and loved ones.

You will find this book inspirational, but what good is inspiration if not backed up by action? You can transform your life faster than you ever thought possible!

xxii The pH Miracle for Cancer New Biology Cancer Theory 1

Section 1: New Biology Cancer Theory

In this first section, I introduce the New Biology® that explains the cause and cure of all sickness and disease—and specifically all types of cancer.

Chapter 1 What Is Cancer? And What is the New Biology?

The word *cancer* is one of the most feared words in any language? Why? Because those who are diagnosed with it know that it is a killer. This year alone, over 1.8 million Americans will be told that they have cancer, and 33% of those people will die.

Every 30 seconds somebody is diagnosed with cancer. And the numbers continue to worsen with each passing year, despite more medical inventions and technology promising early detection. Current treatments— like radiation, chemotherapy and surgery— could be considered huge failures when considering the diminished quality of life they leave behind and the low percent of total reversals or cures in cancer. Of course, in some cases, surgery, chemo or radiation can help.

There are early warning signs of cancer growth and tumor formation inside your body. Knowing what they are could be a matter of life and death. Preventing and reversing cancer is possible, when you possess the right knowledge.

If you are looking for the cure for cancer, you must be the change you want to see. You'll have to look at cancer differently—expanding

your views and perspective as it relates to the prevention and the true cause and cure of cancer.

DEFINE THE TERMS

Now, before exploring The pH Miracle for Cancer, I must define the terms.

What is a pH miracle? A pH miracle is a natural phenomenon, not well understood by medical researchers, specifically in its cause and effect relationship. What is the cause? Is cancer a cause for disease? I say NO! Cancer is simply the body in perfect preservation mode trying to maintain its natural healthy alkaline design.

Cancer is not a disease, but a symptom or an effect of gastrointestinal, respiratory, environmental and metabolic acids that build up in the blood and then throw o" into the tissues, poisoning and suppressing our immune system and making it increasingly difficult to maintain the alkaline pH of the internal fluids of the body. Metabolic, respiratory, environmental and dietary acids also destroy the white cells' ability to remove toxins and cells, which they spoil or degenerate. Thus, tissues affected by the symptom called cancer are diseased or compromised.

Cancer is not a cell, but an acidic, toxic liquid that spoils and degenerates the body cells that make up our tissues, organs and glands. This happens when toxic acidic waste products are not properly eliminated through the four channels of elimination: urination, perspiration, respiration, and defecation.

The current medical definition of cancer is that cancer is a group of diseases characterized by uncontrolled growth and spread of abnormal body cells. If the spread is not controlled, it can result in death. Cancer is caused by both external factors—including tobacco, chemicals, radiation (from cellular phones) and internal factors: hormone imbalances, immune deficiency and gene mutations. These factors may act together in a sequence to promote carcinogenesis.

This classical definition of cancer, taken directly from the American Cancer Society, suggests that cancer is some kind of mutating cell—a transmutation of the genes—triggered by internal or external

factors. True, but these internal or external factors are the acidic waste products of diet, metabolism, respiration, and the environment. When dealing with any symptom or effect, you need to look at the cause. Traditionally the focus has been to look at the matter or cells that make up your tissues, organs and glands rather than looking at the environment surrounding the matter. Doing so makes understanding the cause (and treatment) of cancer very simple.

Cancer is an acidic liquid created from energy consumption—a waste product of metabolism and cellular breakdown. Cancer is not a noun—it is an adjective that describes what's happening to the cell: We have a cancerous cell. It's not something we catch, but something we do through our lifestyle. It's the effect in a cause-and-effect relationship. Cancer is not a mutant cell—it is a fermenting cell that's broken down by acidic toxic waste.

The pH miracle for cancer—a state of over-acidity at the highest level—is a natural phenomenon. If cancer is a mutation of the cell, we need to ask, what is causing the mutation? The mutation is being caused by liquids or acids that are disturbing or breaking down the human, animal, or plant cells.

CAUSE AND CURE OF CANCER

Here's the plain truth: Acidity causes inflammation, and inflammation causes cancer: chronic acidity leads to inflammation that leads to cancer.

Our body's immune system forms a defensive shield. One of its most powerful weapons is inflammation, a carefully orchestrated maneuver designed to eliminate enemies such as bacteria, injured cells and chemical irritants. Without it, we probably wouldn't survive beyond infancy.

But inflammation has a split personality—as those who experience it can attest. Inflammation's dark side is a powerful force in cancer development, where it aids and abets tumor growth around the body. The longer the inflammation persists, the higher the risk of associated carcinogens. A new study shows how inflammation can

help cause cancer. Chronic inflammation due to infection or to conditions such as chronic inflammatory bowel disease is associated with up to 25 percent of all cancers.

Since chronic acidity leads to chronic inflammation, and chronic inflammation leads to cancer: the cause of cancer is excess tissue and organ acidity which has not been properly eliminated through the four channels of elimination—urination, defecation, perspiration and respiration. The cause of chronic acidity is an acidic lifestyle and diet. The ingestion of meat, dairy, sugar, lack of exercise and stress are the primary contributors to chronic acidity that leads to inflammation, cancer and then death.

The cause of all cancers is an over-acidic state—and our lifestyle and dietary choices contribute to this. For example, what causes breast cancer in women and prostate cancer in men? The cause of prostate cancer is a systemic problem that localizes in the weakest part—the prostate, the first cause of death in men. About half of all men (and one in three women) will sometime have the over-acidity condition called cancer.

The one and only cause of cancer is the systemic poisoning of the tissues as the blood tries to maintain its delicate pH because the body is either congested or lacks the energy to move these acids, these poisonous, toxic fluids out through urination or perspiration. This needs to be the focus of future research.

The prevention and reversal for cancer are not found in the treatment of tissue, but in maintaining the alkaline design of the human organism, and the key test you can do to determine if you're in a state of over acidity is testing the pH of the fluids.

Once we see that cancer is not a cell but a liquid that spoils cells and begin to maintain this alkaline design, we are empowered. And through our conviction and knowledge, we can then make wise choices and create healthy change.

THE NEW BIOLOGY, NEW SELF-CURE

The New Biology® explains the cause and effect of all sickness and disease—specifically cancer—and how to improve the quality and quantity of life without chemical therapy, radiation or surgery. The pH Miracle is a drug-free protocol for cancer!

For example, you've likely seen the commercials on television for restless leg syndrome (RLS), for which there are drugs that supposedly treat the syndrome. Current medical researchers want to put everything in a disease modality—a nice little box—that has a specific treatment. Yet RLS is weakness or loss of electrical power to the muscles. It's not a disease. It's caused by a flagging of the toxic elimination from the tissue. When the blood becomes charged with these metabolic toxic acids, the blood has to purify itself by throwing these acids into the surrounding tissues to maintain its delicate pH balance of 7.365. This is the action of a body in preservation mode, which leads to latent tissue acidosis, or acid build-up, in the connective and fatty tissues.

Acid is poison in the blood, and if that poison is not eliminated through urination, defecation, respiration or perspiration, the body has to purify itself, so it eliminates this acidic poison into the connective and fatty tissues.

Based on the 2014 statistics for cancer, this year in America we're looking at 1,700,000 new cases of cancer. This statistic doesn't even include skin cancer, which is bigger than lung cancer, breast cancer or prostate cancer combined. Prostate cancer is the leading cause of death in men, while lung cancer being the leading cause of death in women. But when we look at cancer statistics, most new diagnoses are skin cancers because the skin is the third kidney—the largest acid-elimination organ for removing toxic waste products. When acids are not properly eliminated through normal channels, then those acids are thrown out into the tissues—causing skin cancer. This is the way the blood maintains its delicate alkaline pH and purity, either by eliminating acid through urination, defecation, perspiration or respiration or by throwing it into the connective or

fatty tissues. It is self-poisoning! The so-called disease is actually systemic, because acids flow through your whole body. They are the waste products of metabolism, diet, respiration and the external toxic environment.

YOUR BODY IS LIKE A CAR

Your motor runs 24/7, which requires energy. And when energy is being used, a waste product is produced. Just as a car produces exhaust, your body produces carbon dioxide, carbon monoxide, lactic acid, or uric acid when it uses energy. Acid is constantly being created by the body cells, which has to be eliminated. If not, it will cause cancer!

When energy is being used to think, to move, to breathe, an acidic waste product is being created. If the acid is not eliminated, it is pushed out into the connective tissue. Your connective tissue then becomes the acid catcher in order to maintain the purity and alkalinity of the blood. If the blood varies even one-tenth of one point from its healthy constant pH of 7.365, you can have ill effects. If the blood pH starts dropping or if starts going up, the body will do all it can to maintain its delicate pH.

We need to know this to understand the cause and treatment of cancer and why it's not a cell but the spoiling of the cells by dietary and/or metabolic acids, which have not been properly eliminated. When you are enervated or fatigued, you lack the energy to move the acidic waste products out of the body to maintain the purity of the blood. When this happens, the blood pushes these acidic waste products out into the connective and fatty tissues in order to preserve its alkaline 7.365 balance.

For example, when acidic waste elimination takes place through the mucus membrane of the nose, it is called a cold—catarrh of the nose. And when this crisis is repeated for years, the mucus membrane thickens and ulcerates, and the bones enlarge, closing the passages. At this stage hay fever, then asthma develops.

When the tonsils or any other respiratory passages become the seat of the crisis of acidity, we then have tonsillitis, laryngitis, bronchitis, asthma, pneumonia, and finally cancer. You see—it's progressive. It's the same disease at different levels of acidity. All these symptoms are happening in different progressions from the same thing—varying levels of acidosis. When acid is located in the cranial cavity, we have dementia, Alzheimer's, Parkinson's, muddled thinking, and forgetfulness. If the acids accumulate in the digestive area, we end up with irritable bowel syndrome, gastrointestinal problems, stenosis, and colitis. And when the acids locate in the pelvic tissue, or in the breasts, we end up with micro-calcifications and finally cancerous breast and reproductive organs.

When the body is in the preservation mode, it is using alkaline buffers such as calcium, potassium, magnesium and sodium to neutralize or solidify the acidic liquid waste. This is why I first see, using ultrasound imaging, micro-calcifications in the pelvic area and in the breast tissue prior to the cancerous breast condition. The buffering of toxic acidic waste, forming micro-calcifications always precedes the cancerous condition of the tissue, organ or gland—even in prostate cancer.

All cancerous conditions are the expulsion of acids from the blood and then the tissues, organs and glands: the same character evolving from the same cause, namely systemic acidosis—a crisis of toxemia. The description can be extended to every organ: the lung, liver, pancreas, bowels, and brain—including the largest organ that has the highest incidents, the skin. Any organ that is enervated or fatigued below the average standard may become the location of the crisis of systemic latent tissue acidosis.

The symptoms are presented differently, depending upon which organ is being affected, making it appear as if every symptom complex is a separate and distinct disease. Again, we need to begin thinking inside the box and make the box bigger.

Chapter 2 What Causes Cancer?

I've been fascinated by this question.

Since I was a young boy, I have been fascinated in the anatomy and physiology of the human body. I have spent the last 27 years investigating the impact of foods and liquids on the delicate pH balance of the blood plasma and the blood cells.

Again, I conclude that the human organism is alkaline by design and acidic by function. Hence, there is only one sickness and one disease that is caused by an over acidification of the blood and then tissues due to an inverted way of living, eating and thinking. There is no way to have health and acidity—health and alkalinity is the way!

What causes cancer, heart attacks, strokes, diabetes, MS, lupus, dementia, AIDS, ALS, hepatitis, and on and on? A rise in the alkalinity of the blood above pH 7.365 (alkaline phosphate)—any rise—is a result of a compensatory reaction due to over-acidity in body tissues (latent tissue acidosis) as the blood attempts to maintain the pH at 7.365. There's no exception for the rule of alkalinity. The body always overcompensates for excess acidity in the tissues by over-alkalizing the blood to maintain homeostasis.

I call this the teeter-totter effect. Along comes the traditional medical attendant and perceives that there is too much alkalinity, when there is not. The tissues have become acidic. Detecting the acid, the blood pours out extra alkalinity or alkaline phosphate into the blood and the blood pH spikes up to a higher than normal pH. Not understanding the cause of the excessive alkalinity pouring into the blood, mainstream medicine may try and stop the rushing over-alkalization. But that's the wrong move. We're better off not to interfere.

Tissues are acidic. Here comes a flood of alkalinity—so much that the pH rises and concerns medical doctors. But we need to understand what caused the pH to over-react. Acidic tissues mean problems ahead, correct? Not only do we need alkalinity but lots of it. The acidic tissues will soon even out the rise in blood pH, and we'll need additional alkalinity to wipe out the acidic tissue problem.

Cancer, heart disease, stroke, and diabetes are not diseases of alkalinity but diseases of acidity!

The body uses the calcium of the bones as well as other buffers (bicarbonate, hemoglobin, sodium, etc.) to chelate acidity! That is why there are always micro-calcifications in the liver, pancreas, breast, bowels, bladder, bones, prostate, muscles, joints, blood vessels and brain before the liver, pancreas, breast, bowels, bladder, bones, prostate, muscles, joints, blood vessels and brain cancer tumors show up.

Why before the tumor? The body will always try and protect and preserve itself by buffering acids with the alkalinity of calcium. The bones are always affected in any cancer, heart condition, stroke, and diabetes because the bones are an excellent source of calcium for buffering dietary and metabolic acids. So is cancer, heart attack, stroke or diabetes the disease? No! Then is the loss of bone mass the disease or the calcium deposits in the liver, pancreas, breast, or brain the disease? No! Is the increase in the alkaline phosphates the disease? No! These are all symptoms—not disease!

So, is the disease the over-acidity? Yes, and no. The yes part I call acidosis or hyper-acidity. That is an acceptable term for the condition. But it is really much more. The no part is that it's more than acidity. It's a psychological disorder. It's a sociological malaise. It's a cultural-anthropological phenomenon. And, once you understand the scientific foundation of New Biology, and the science behind my 20 years of research, you may then see it as a moral disease as well.

Why is it a moral issue? Is committing suicide a moral issue? Well, yes. Is drinking yourself to death a moral issue? Well, yes. Is allowing your child to become obese flying in the face of natural law? Well, yes—assuming you are aware of what's happening and have other options.

If you say yes to these questions, then we are looking at a complex psychological, sociological, cultural, biological and moral

phenomenon. Indeed, once you know and believe that over-acidity causes every disease and all disease, and then to ignore that fact is a form of suicide! Just like Samson, who slayed 1,000 Philistines with the jawbone of an ass, people use the same instrument with their daily lifestyle and dietary choices.

When you eat poorly, you pull the trigger every day of your life—and eventually, the gun fires. The bullet might hit you in the head like a massive heart attack or stroke, or it may kill you more slowly like a cancer, or it may simply put you in a fog for the next 15 years like Alzheimer's or dementia.

This disease-phenomenon is an inverted way of living, eating and thinking! Yes, this is the cause of *all* disease—all which disturbs the central balance of organized matter that leads to excess acidity in the blood and then tissues. It is *all* that leads to increases in alkaline phosphates. It is *all* micro-calcifications in the liver, pancreas, breast, brain, prostate, and so on. *All* liver, pancreas, breast, bladder, bowel, prostate, brain tumors; *all* liver, pancreas, breast, bladder, bowel, prostate, brain cancer and *all* potential bone cancer!

First, we must understand that ALL of these sicknesses and diseases are NOT sicknesses or diseases but symptoms of acidosis and catarrh that has built up in the blood and tissues and hampered the ability to the white blood cells (garbage collectors for the blood and tissues) to remove metabolic, dietary acids and degenerative matter.

When dealing with any symptom or any effect, we need to look to the cause. To understand the cause is not difficult nor is the understanding of the treatment. The New Biology explains the cause and effect of all sickness and disease in addition to explaining how to improve the quality and quantity of life. For example, enervation (the deprivation of force or strength) and muscle weakness per se is not a disease. Weakness, or lost power, is not a disease; but, by causing a flagging of the elimination of tissue-waste, which is toxic, the blood becomes charged with acids.

I call this Acidosis—poison in the blood and then tissues. This is disease and when the acidic toxins accumulate beyond the toleration point, a crisis takes place. The poison or acid (virus) is being eliminated—often through the skin, the third kidney.

We can call this disease, but it is not! The only disease is systemic Acidosis, which localizes in the weakest parts of our body. And what we call disease is symptoms produced by the forced vicarious elimination of acids through the mucous membrane.

When the elimination takes place through the mucous membrane of the nose, it is called a cold—catarrh of the nose. And where these crises are repeated for years, the mucous membrane thickens and ulcerates, and the bones enlarge, closing the passages. At this stage, hay fever, or asthma develops.

When the throat and tonsils, or any of the respiratory passages, become the seat of the crises of acidity, we have croup, tonsillitis, pharyngitis, laryngitis, bronchitis, asthma, pneumonia, etc. When the acids locate in the cranial cavity we have dementia, Parkinson's, Alzheimer's, muddle thinking, forgetfulness, and even depression. When the acids locate in the gastrointestinal tract we have IBS, gastrointestinal dysmotility, autonomic dysfunction, carotid stenosis and ischemic colitis. When the acids are expressed through the skin we have psoriasis. When the acids locate in the liver, pancreas, breast, bowels, bladder, prostate, uterus or brain tissue we have micro-calcifications of these acids that then leads to tumors and liver, pancreas, breast, bowels, bladder, prostate, uterus or brain cancer.

WHAT IS IN THE NAME?

All are symptoms of the expulsion of acids from the blood and then tissues at the different points named. They are of the same character essentially and evolve from the one cause—systemic Acidosis, as a crisis of toxemia. The description can be extended to every organ of the body, including the largest organ, the skin, causing melanoma cancer.

For any organ that is enervated below the average standard from stress of habit, from work, or worry, from injury, or any other cause,

that organ may become the location of the crises of systemic Acidosis. The symptoms presented differ with each organ affected. That fact gives color to the erroneous belief that every symptom-complex is a separate and distinct disease. But, thanks to the new light and knowledge of the New Biology upon nomenclature involved in the naming of a disease, every symptom-complex goes back to the one and only cause of all diseases, namely, systemic Acidosis.

SEVEN STAGES OF ACIDITY

To find the cause of all symptomologies—including cancer, heart attack, stroke, diabetes—start with colds and catarrh, and watch the pathology as it travels through Seven Stages of Acidity: 1) enervation, 2) sensitivity and irritation (IBS), 3) catarrh, 4) inflammation, 5) induration (lupus, lymes, fibromyalgia), 6) ulceration and then to 7) degeneration—cancer, heart attack, stroke, AIDS, ALS, MS and diabetes.

How well could you try to find the cause of man by ignoring his conception, embryonic life, childhood, manhood? Nature's order is interfered with by enervation habits until acidosis is established.

Then a vaccination (seen in Gulf War Syndrome and Spanish Flu Epidemic) or an infection (really an out-fection) from any source will act as a firebrand, sooner or later, because the most vulnerable organ (the bowels) will undergo organic change. The organ, however, has nothing to do with cause, and directing treatment toward the organ compounds the problem!

Examples of this wrong thinking yield blood transfusions for pernicious anemia, gland treatment for gland impotency, the cutting out of stones, ulcers and tumors. One of the most pernicious practices in vogue today is treating so-called disease with disease and immunizing with the products of disease. Current medical science calls this form of pathological thinking a vaccination. My friends, this is the real pseudo-science! When the cause is not known, how is prevention or cure possible except by luck? Producing a mild form of smallpox using vaccine is the same as introducing a

poison into a healthy person. It makes no sense! Certainly only pathological thinking can arrive at such conclusions. Vaccine or autogenous remedies (metabolic acids) are made from the products of disease. This also includes *all* antibiotics, which are products of disease!

The idea that disease can be made to cure itself is an end product of pathological thinking! If prevention and cure mean producing disease, surely prevention and cure are not desirable. If prevention can be accomplished, then cures will not be needed! It is not disease, it is cause “in all its aspects” that we need to know before we can take steps to prevent or cure disease. Cause is constant, ever present, and always the same. Only effects, and the object on which a cause acts, change.

And the change is most inconstant. To illustrate: a catarrh of the stomach presents first irritation, then inflammation, then ulceration, and finally induration and cancer. Not all cases run true to form. Only a small percentage evolve to ulcer and fewer reach the cancer stage. More acidic toxins exit via acute food poisoning or acute indigestion than by chronic diseases. Most Americans are challenged with the symptomology of indigestion, which can include acid reflux, diarrhea and/or constipation.

The proper way to study disease is to study health and every influence favorable or not favorable to its continuance. Our western system of medicine has been preoccupied with the study of disease, not health. Disease is perverted health!

Any influence that lowers energy becomes disease producing. Disease cannot be its own cause, neither can it be its own cure and certainly not its own prevention! My personal discovery of the truth of ALL sickness and disease—that Acidosis is the cause of all so-called diseases—came about slowly, step by step, line upon line, precept upon precept, here a little and there a little. At first, I postulated that yeast and molds must be the general cause of disease. Then I decided that it was not yeast and molds but that the body is

becoming enervated. But wait a minute, enervation is not a disease; disease must be due to dietary and metabolic acids.

I reasoned that localized or systemic Acidosis is the true general cause of all disease and must be auto-generated. And if disease is due to auto-generated acids, what is the cause of that auto-generation? The answer is found in understanding the nature of matter and how it organizes and disorganizes. I realized that there must be a physical or emotional disturbance to organized matter before it can begin its disorganization.

And when matter begins to disorganize, it gives rise to auto-generated acids. This is true for all matter! To illustrate, take a physical injury to a joint, which is often complicated with the prior symptom of rheumatism. The rheumatism previous to the injury was potentially in the blood and/or tissues. What change had taken place in the matter, which, under stress of injury or shock, would cause a reaction with fever?

I could not understand until the Acid Theory suggested itself to my mind. After that, the cause of disease unfolded before me in an easy and natural manner.

I called this new paradigm for all sickness and disease The Cycle of Imbalance. You can read about this cycle in my book, Sick and Tired, Reclaim Your Inner Terrain.

NO CANCER WITHOUT METABOLIC, RESPIRATORY, DIETARY AND/OR ENVIRONMENTAL ACIDOSIS

Without acidosis, there can be no sickness or disease and there can be no cancer! No heart attack! No stroke! No diabetes! No dementia! No AIDS, no MS, no dis-ease! Also, without acidosis there can be no pain! Therefore, pain equals acid and acid equals pain.

I knew that the waste products of cellular disorganization and metabolism were toxic and that the only reason why we were not poisoned by it was because it was removed from the organism as fast as it was produced.

Then I discovered that the acid was retained in the blood and then tissues when there was a checking of elimination. Then, the cause of the checking had to be determined. In time, I thought out the cause of all sickness and disease. I knew that when we had normal energy, organic functioning was normal.

Then came the discovery that enervation checks elimination. Eureka! The cause of *all* sickness and disease is *now* found! Enervation checks elimination of the waste products—*acids*—of cellular disorganization and metabolism. Retention of metabolic and dietary *acids* is the first and the only cause of *all* sickness and disease!

One of the first things to do to get rid of any so-called disease is to get rid of all the acid, for it is this state of the blood and then tissues that makes disease possible.

Infection, drugs and food poisoning may kill, but if they do not, they will be short-lived in a subject that is free from enervation and acid. Conversely, the poisoning will linger in the system until the acid is overcome. Then and only then will elimination remove all traces of out-fection, *acid*.

Syphilitic out-fection (herpes, warts, moles) is pronouncedly an acidic subject thrown into great virulence by poor nutrition, lifestyle and conventional treatment.

The same is true with HIV/AIDS. The so-called infection, which in reality is an outfection of acid, is the least offender of the trio. Add fear, unwise eating, poor sanitation and wrong lifestyle choices and we have a formidable symptom complex that serves to justify all that professional syphilomaniacs HIV/AID Somaniacs say and write about these dis-eases.

Remove Acidosis, drugging, FEAR, poor sanitation, wrong lifestyle choices, and vile eating, and there is little left. What is left can be easily thrown out of the body by Nature! Scientific research is being carried on vigorously in an attempt to find the cause of disease. The conception of disease is that the cause is individual. Here is where investigators meet their Waterloo. All of the so-called diseases are increasing symptom complexes due to repeated crises of Acidosis.

Disease has no independent existence! As soon as acidity is controlled, the symptoms disappear unless an organ is forced by innumerable crises to degenerate.

Even organic change, when the organ is not destroyed, will come back by correcting the life and getting rid of the true cause--the crisis of acidosis! All symptoms of all so-called diseases have one origin. All diseases are *one*! Unity in all things is Nature's plan. Polytheism is gone, and everything pertaining to it and coming out of it must go. So you *now* have the truth! There is only one sickness, one disease, and NOW one treatment. The one sickness and disease is the over-acidification of the blood and then tissues due to an inverted way of living, eating, and thinking. The one treatment is to alkalize and energize.

NEW LIGHT AND KNOWLEDGE

I give thanks for this new light and knowledge, The New Biology®, which shines upon the nomenclature of disease, informing us that every symptom complex goes back to the one and only cause of all so-called cancers—systemic latent-tissue acidosis.

To find the cause of all symptomologies—lung cancer, breast cancer, brain cancer, bowel cancer, pancreatic cancer, thyroid cancer, and prostate cancer—you start with colds and catarrh, and watch the pathology as it travels from irritation to catarrh to inflammation to induration to ulceration and finally to degeneration, or cancer—nothing more than rotting, degenerating tissues, organs, or glands.

What is causing this transformation or the degeneration of the cell(s), including the gene transmutation? It is simply the spoiling of the cell(s) due to the build-up of dietary, respiratory, environmental and metabolic acids, which have not been properly eliminated through urination, defecation, respiration or perspiration.

For example, have you ever opened a refrigerator and smelled the spoiling of food at the back? What you smell is the acidic waste from spoiling food. It's not some germ, virus or mold that's breaking the food down—it is the acidic waste products that are breaking the tissue down and giving rise to the symptomology.

Mold is like a smoking gun, the bullet being the acid. And yet it's not the bullet or the acid that kills, and surely not the smoke—a gene mutation, or some bacteria or virus. It is the person, himself or herself, that is pulling the acidic-lifestyle-and-diet trigger, which then releases the acids that tenderize, spoil, and rot the cells that make up the tissues, organs and glands. And, a cancerous condition always expresses itself first in the weakest parts of the body.

Metastasis is localized acidity that has spoiled other cells; much like a rotten apple will spoil a bushel of good apples. You see—it's a domino effect.

Thus, there is no such thing as a cancer cell. This is a scientific illusion. It's what we've been told to believe. The cancer cell was once a healthy animal, plant, or human cell that has been spoiled by its waste products. If the waste products are not eliminated, they have to be put somewhere, so the body throws them into fatty tissues.

The only solution to the acidic liquids that poison body cells, causing the effect it to alkalinize and energize the body. Why? The human body is alkaline by design and acidic by function. Breathing, thinking, moving is acidic; but our body is designed to move those acids out properly if we're eating the right foods and do not become over acidic when we're exercising. So, if we want to maintain a healthy body, we must maintain that alkaline design. Grapefruits on our ranch near Escondido, California, don't get old, they mold. This is what happens to us. We ferment, much like a banana that goes from green, to yellow to brown. It actually is fermenting. And mold and bacteria and yeasts are just evidence that the tissue is breaking down, has been spoiled by acidity.

Prevention and Self-Cures 17

Section 2: Prevention and Self-Cures

In this section, I discuss how to improve the quality and quantity of life without chemical therapy, radiation or surgery. The pH Miracle for

Cancer is a drug-free protocol to a prevention and self-cure for cancer!

Chapter 3 Cure for All Cancers

(Along with Heart Disease, Diabetes, Osteoporosis, Lupus, Arthritis, and Alzheimer's)

Disease, or dis-ease, and names like Cancer, Heart Disease, Type I and Type II Diabetes, Osteoarthritis, Rheumatoid arthritis, Lupus, Alzheimer's and Osteoporosis are misleading. They not only strike fear into our hearts—they also misinform us about the prevention and treatment. Conventional medicine tends to take a set of symptoms, string them together, and give the thing a name, which is then called a disease. This concerns me because once medical doctors name a symptom a disease; they effectively ban all other adjunctive and alternative medical professions from getting involved.

Recently I was at a compounding pharmacy having my bone mineral density measured to update my health stats. I spotted a drug company poster touting a new drug for osteoarthritis and osteoporosis. It said: "Osteoporosis is a disease that causes weak and fragile bones" and then recommended a particular drug to counteract this "disease". This language is all backwards. Osteoarthritis, rheumatoid arthritis and osteoporosis are not diseases that cause weak joints, weak bones, weak tissues and weak organs. For example, Rheumatoid arthritis is the name given to a "diagnosis" of inflammation and degeneration of the joints, tissues and organs. But rheumatoid arthritis does not come from inflamed and degenerative joints. And inflamed and degenerative joints do not come from rheumatoid arthritis. The inflammation and degeneration of the joints are the direct and indirect result of excess dietary and/or metabolic acidity. But then medical doctors follow it up with the diagnosis of rheumatoid arthritis. The name alone sounds scary.

I respect medical doctors and understand that they are simply doing what they have been taught to do in medical schools to differentiate

different types of arthritis.

I suggest that a more accurate diagnosis and a better way of describing the symptoms would be to say, "You are in a temporary state of imbalance or acidosis in your body." When you describe a cancerous breast as a temporary state of acidosis and inflammation, it doesn't sound as scary.

Drug companies makes it sound like rheumatoid arthritis strikes first, and then you get inflamed and degenerative joints, tissues and organs. They state or show a person with the disease name and then push their drug remedy with a bunch of incredible (and frightening) health warnings about potential side effects of their drugs... take this drug for your asthma, but just know you may have hemorrhaging and death as a result.

Drug companies want us to think that first we get the dis-ease, and then we're diagnosed just in time to take a new drug for the rest of our life. Of course, we have to keep going back to the doctor for a visit to renew the prescription. But there is no such disease as rheumatoid arthritis, osteoarthritis or osteoporosis. It's just a name given to a pattern of acidic lifestyle and diet symptoms that indicates you are over-acid which causes your joints, tissues and organs to become weak, fragile, and inflamed.

When I state that disease can be called dis-ease (a lack of ease), my explanation of would be still stated as an over-acidic imbalance that has settled in the weakest areas in the body being the knee joints or hip joints or prostrate. I am just calling all dis-ease acidity instead of using so many technical and medical names.

CAUSE AND CURE FOR HIGH BLOOD PRESSURE AND HIGH CHOLESTEROL

When a person follows an unhealthy acidic lifestyle and diet that results in a symptom such as high blood pressure, that symptom is actually being assumed to be a disease all by itself. Then, it is given a disease name, such as "hypertension" or "high blood pressure." These words describe what is happening to the blood and the

pressure in the veins. What Doctors would call high blood pressure (or cancer, or lupus) I call over acidity of the blood and tissues.

When we look at symptoms and give them disease names, we automatically limit the selection of available treatments for such a dis-ease. If the dis-ease is, by itself, hypercholesterolemia or high cholesterol, then the cure for the dis-ease must be lowering the high cholesterol. That's how we end up with all these pharmaceuticals treating high cholesterol in order to "prevent" this dis-ease and lower the levels of LDL cholesterol. By lowering only the cholesterol, the doctor can rest assured that he is, in fact, treating this "disease," since the definition of this "disease" is hypercholesterolemia or high cholesterol and nothing else.

But there is a fatal flaw in this approach to disease treatment: the symptom is not the cause of the dis-ease. There is another cause, and conventional medicine, doctors, drug companies, and even patients routinely ignore this deeper cause.

WHAT CAUSES HIGH BLOOD PRESSURE?

Let's take a closer look at hypertension or high blood pressure. Many doctors say high blood pressure is caused by a specific, measurable interaction between circulating chemicals in the human body. Thus, the ill-behaved chemical compounds are the cause of the high blood pressure, and therefore the solution is to regulate these chemicals.

That's exactly what pharmaceuticals do. They attempt to manipulate the chemicals in the body to adjust the symptoms of high blood pressure. Thus, they only treat the symptoms, not the root cause. Or take a look at high cholesterol. The conventional medicine approach says that high cholesterol is caused by a chemical imbalance in the liver, which is the organ that produces cholesterol. Thus the treatment for high cholesterol is a prescription drug that inhibits the liver's production of cholesterol (statin drugs). Upon taking these drugs, the high cholesterol (the disease) is regulated.

WHAT CAUSES THE LIVER TO OVER-PRODUCE CHOLESTEROL?

That causative factor remains ignored and unaddressed. I find that the root cause of high cholesterol, as it turns out, is primarily an over-acidic lifestyle and diet. A person who lives an acidic lifestyle is a person who frequently eats foods that are acidic that will inevitably cause the body to go into preservation mode and produce more cholesterol to neutralize the excess acid from that acidic food or drink and thus will show the symptoms of this so-called dis-ease of high cholesterol. It's simple cause and effect.

If you eat the wrong foods and don't exercise, you produce too much acid, which can cause the body to release cholesterol from the liver to bind up that dietary and/or metabolic acid which can be detected and diagnosed by conventional medical procedures.

It is not the cholesterol that is bad. It is the acid-producing food we eat and the lack of exercise that is bad. Reduce the acid-producing foods like beef, chicken, pork, dairy, coffee, tea, soda pop, sports drinks, energy drinks, alcohol, etc. and start exercising every day and you will reduce the protective cholesterol that is saving your life from dietary acids that are not being properly eliminated through the four channels of elimination (urination, perspiration, defecation and respiration).

The root cause of all disease, inflammation, degeneration, the increase of blood plasma antibodies or increase blood plasma LDL cholesterol is actually poor lifestyle and food choice, not some bizarre behavior by the liver. If the disease were to be accurately named, then, it would be called "Acidic Lifestyle and Food Choice Dis-Ease" or simply ALFCD. ALFCD would be a far more accurate name that would make sense to most people. If the dis-ease is related to an acidic lifestyle and foods choice, then the obvious solution would be to choose a lifestyle and foods that aren't so acidic or are alkalizing to the blood, tissues and organs.

Of course, that may be a bit of an over-simplification since you have to distinguish between healthy alkaline lifestyles and foods and unhealthy acidic lifestyle and foods. But at least the name ALFCD gives patients a better idea of what's actually going on in their body

rather than naming the dis-ease after a symptom such as hypercholesterolemia or rheumatoid arthritis or even cancer.

The symptom is not the dis-ease, but conventional medicine insists on calling the symptom the dis-ease because that way it can treat the symptom and claim success without actually addressing the underlying cause which somehow remains a mystery to modern medicine. Personally I wish they would teach more about this underlying cause of dis-ease in medical schools today.

Now let's move on to other dis-eases so you get a clear picture of how this works.

CAUSE AND SELF-CURE FOR TYPE I AND TYPE II DIABETES

Another dis-ease that's caused by poor lifestyle and acidic food choice is diabetes. Type 1 and Type 2 diabetes is the natural physiological and metabolic result of a person consuming refined carbohydrates and added sugars in large quantities, undigested proteins from beef, chicken, and pork without engaging in regular physical exercise that would compensate for such dietary practices. The name "diabetes" is meaningless to the average person, although most people know that diabetes has something to do with blood sugars and believe that it is genetic and runs in families (as acidic lifestyles do.) The disease should be called "Excessive Acid DisEase", or EAD.

If diabetes Type I or Type II were called "Excessive Acid Dis-ease", the solution to it would be rather apparent; simply eliminate ALL sugars, eliminate all animal proteins, eggs, dairy, soft drinks, candy, processed food and be sure to exercise, rest, limit stress etc. But, of course, that would be far too simple for the medical community. So the dis-ease must be given a complex name such as Type I or Type II diabetes that puts its solution or cure out of the reach of the average patient.

CAUSE AND SELF-CURE FOR ALL CANCERS

Another dis-ease that is named after its symptom is Cancer. In fact, to this day, most doctors and many patients still believe that Cancer

is a physical thing: a tumor. In reality, a tumor is the solution of Cancer, not its cause. A tumor is simply a physical manifestation of bound up acidic cells so they do not spoil other healthy cells. The tumor is the solution to cells damaged by dietary and/or metabolic acids, not the problem.

Cancer is not a cell but an acidic poisonous liquid. When a person “has cancer”, what they really have is cancerous tissues or “latent tissue acidosis”. They are absorbing their own acidic urine. That would be a far better name for ALL forms of Cancer dis-ease: Cancerous Tissue DisEase (CTD) or “Latent Tissue Acidosis” or LTA.

If Cancer were called “Latent Tissue Acidosis”, it would seem ridiculous to try to cure cancer by cutting out tumors through surgery and by destroying the immune or janitorial system with chemotherapy. And yet these are precisely the most popular treatments for Cancer offered by conventional medicine. These treatments do absolutely nothing to support the patient’s immune system and prevent the build-up of dietary, metabolic, environmental and respiratory acids in the tissues.

That’s why most people who undergo chemotherapy or the removal of tumors through surgical procedures end up with more cancerous tumors a few months or few years later. It’s also why survival rates of cancer improved little over the last 30 years. Conventional medicine’s treatments for cancer simply don’t work, mainly because current medical science wrongly perceives cancer as a cell when in reality cancer is an acidic poisonous liquid waste product, like lactic acid or uric acid, from what we eat, drink and think.

This situation stems from the fact that the dis-ease is misnamed “cancer” to begin with. But it isn’t a tumor, and it certainly isn’t a dis-ease caused by having an immune system that is too strong and that needs to be destroyed through chemotherapy. It is simply “latent tissue acidosis”. And if it were called “latent tissue acidosis dis-ease” or “urine-in-the-tissues dis-ease”, the effective treatment for cancer would be apparent.

Many other dis-eases are given misleading names by western medicine. If you look at how dis-eases are named elsewhere, you find that many countries have dis-ease names that actually make sense. For example, in Chinese medicine, Alzheimer's dis-ease is given a name that means, when translated, "feeble mind disease". In Chinese medicine, the name of the dis-ease more accurately describes the actual cause of the dis-ease, which I find is caused by acids or urine (waste product) on the brain, whereas in western medicine, the name of the dis-ease seems to be intended to obscure the root cause of the dis-ease, thereby making all dis-eases sound more complex and mysterious than they really are. Giving a disease a name like Alzheimer's disease is not a malicious way to cover up the cause, but serves to keep medical treatments out of the reach of the average person. Medical doctors are trained differently in their approach to disease and attempt to cure through drugs that can leave side effects. They may not even know the root cause of all disease. They don't teach my approach in traditional medical schools.

By creating a new vocabulary for medical conditions, medical doctors can speak their own secret language. People who aren't schooled in medicine don't understand what they're saying. Doctors are trained in a way to associate a disease or symptom with their approach or drug remedy. Of course, patients can always ask questions if they don't understand something or want a layman's explanation. The medical terms used by doctors are often beyond the comprehension of the common public; this often leads to challenges in understanding their condition and treatment. That's a shame, because the treatments and cures for virtually all acute and chronic dis-eases are quite simple and can be described in plain language: They include making different alkaline food choices, getting more natural sunlight, drinking more alkaline water, engaging in regular physical exercise, avoiding specific acidic foods, supplementing our diet with green foods and green drinks, alkalizing nutritional supplements, creating healthy and loving relationships, managing stress, and so on.

Western medicine prefers to describe dis-eases in terms of chemistry. When you're depressed, you aren't suffering from a lack of natural sunlight; you are suffering from a "brain chemistry imbalance" that can only be regulated, they claim, by ingesting toxic chemicals to alter your brain chemistry.

When your bones are brittle, it's not "acidic brittle bones dis-ease"; it's called osteoporosis, something that sounds very technical and complicated. Or when your joints are inflamed and degenerating, it's not called "acidic connective tissue disease or "I absorb my own urine disease", it's called rheumatoid arthritis. And to treat all of these acidic conditions, western doctors and physicians will give you prescriptions for expensive drugs that somehow claim to make your bones less brittle or use acidic steroids to make your joints less inflamed.

In fact, the real treatment for these acidic symptomologies can be described in plain language: regular physical exercise, vitamin D supplementation, mineral supplements that include sodium, magnesium and strontium, natural sunlight, and avoidance of acidic foods such as soda drinks, white flour, added sugars, dairy products, that increases uric acid, carbonic acid, lactose and lactic acid in the tissues and of course all animal proteins which release the poisonous acids of nitric, uric, sulphuric and phosphoric acid into the blood and connective tissues. If not eliminated through the four channels of elimination, all of these acids can only lead to one thing—acidic chronic inflammation and then degeneration of the connective tissues, organs and glands.

In fact, virtually every dis-ease prominent in modern society—diabetes, heart disease, cancer, osteoarthritis, rheumatoid arthritis, osteoporosis, clinical depression, irritable bowel syndrome, Parkinson's, Lupus, Alzheimer's—can be easily described in plain language. It is strange to name diseases with a last name, like Parkinson's disease, that don't really describe the cause of this disease. These dis-eases are simply misnamed, causing confusion.

and doctor-patient separation. And separation never results in healing.

Healing (meaning to make whole) is the process of restoring health to an unbalanced/diseased/damaged organism. To effect healing, we must bring together the language of healers and patients using plain language that real people understand and upon which real people can act. We need to start describing dis-eases in terms of their root causes, not in terms of their arcane, biochemical actions. When someone suffers from seasonal affective disorder or clinical depression, for example, let's call it what it is: "Sunlight Deficiency Disorder". To treat it, the person simply needs to get more sunlight. This is not complex, and it doesn't require a prescription from "Big Bucks Pharma."

If someone is suffering from rheumatoid arthritis, the words we use to describe the condition should be: "Acidic Connective Joint and Tissue Dis-ease". And it should be treated with things that will reduce the acids that cause inflammation and degeneration, such as nutrition, physical exercise and avoidance of acidic foods and drinks that strip away bone mass, cause inflammation and degeneration from the human body to neutralize the excess acids in the blood and then joints, tissues, organs and glands.

All of this information, of course, is rather shocking to old-school medical doctors and practitioners of western medicine. Some doctors actually disdain the idea of naming dis-eases in plain language that patients can readily comprehend because if the simple truths about dis-eases and their causes were known, health would be more readily available to everyday people, and that would lessen the importance of physicians and medical researchers. Some medical doctors want to serve as translators of truth and balk at any attempts to educate the public to practice medicine on their own. But in reality, health is attainable by every person, free of charge.

Don't believe the names of dis-eases given to you by your medical doctor.

Those names are designed to obscure, not to inform. They are designed to separate you from self-healing, not to put you in touch with your own inner healer. And thus, they are nothing more than bad medicine masquerading as modern medical practice.

Acid causes an allergic reaction, not exercise. Dietary, metabolic, environmental and respiratory acids kill, not exercise. If you do not make time to exercise and remove the acids that cause ALL sickness and disease you will need to make time to die!

The Cure for *all* human and animal sickness and disease, including the big three—Cancer, Diabetes and Heart Disease—is found in its *prevention*, not in its *cure*.

Chapter 4 Science of Alkalinity

This is not conjecture or theory.

Nature's order is interfered with by enervating acidic lifestyle and dietary habits, until acidosis is established. A vaccination, as evidenced by the Spanish flu epidemic, or an infection, in truth is literally an out-fection from the same source, causing the most vulnerable organ, often the bowels, to take on organic or anatomical changes. The organ, however, has nothing to do with the cause. Directing treatment to the organ is actually compounding the problem. You cannot treat disease when in reality disease is merely the body in preservation mode, trying to reestablish alkaline homeostasis against overwhelming systemic acidosis, which affects the weakest parts of the body first.

In the case of breast cancer, the second leading cause of death in women, what's happening? The fatty tissues (breast areas) are being used by the body to bind or collect acidic waste products in order to protect the organs that sustain life. By the way, when a mammogram shows micro-calcification in the breast tissue, this is an indication of a state of tissue acidosis—the body's defensive mechanism to neutralize and solidify acidity that has not been

properly eliminated through urination, defecation, respiration or perspiration.

If you are dealing with a cancerous prostate, you are dealing with localized acidity. If you are dealing with lung cancer, you are dealing with localized acidity that has been caused by external or internal forces.

If you take in tobacco smoke, you take in acids or toxins or poisons — one being sugar, that breaks down to acetaldehyde—which tenderizes and rots the lung tissues. Tobacco smoking is not an addiction of nicotine alone. It is an addiction of sugar, which causes excess acidity in the lung, causing lung cancer.

The cause is always constant, ever present, always the same—only the effects change. To illustrate, a catarrh of the stomach presents first irritation, then inflammation, then ulceration, induration, and finally degeneration or a cancerous stomach. Cancer is not at the first—it is the culmination of deteriorating or broken tissue spoiled by an over-acidic stomach from an over-acidic lifestyle and diet.

Similarly, most people are challenged with the symptomology of indigestion, which can include acid reflux, bloating, heartburn, burping, diarrhea, or constipation. If unresolved, the acid levels continue to rise and more serious conditions develop.

WHY DO WE CRAVE SUGAR?

The proper way to study a disease is to study health in every aspect. Disease is perverted health. Cancer is perverted health. Any influence that lowers energy becomes disease producing. There's an important question now to answer: Why do I crave sugar?

Sugar cravings are the body's need for sustainable energy. Yet energy can only be transported through a matrix of salt. Therefore sugar cravings are the body's needs for salt, not sugar. I suggest that sugar is an acid of cellular transformation—a waste product—not a product of energy, but a by-product of what the body truly uses, which is electrical potential in the form of electrons.

When doing an MRI or a CAT scan, a radioactive sugar is used to highlight the symptomatic cells. This sugar is eagerly taken up by the acidic cancerous cells—not cancer cells, because we don't have cancer cells, we have acidic or cancerous cells—that have been spoiled by the environment in which they live. Acidic cells thrive on sugar—it is their energy and their waste.

The body doesn't run on carbohydrates—it uses electrons. The body is electrical—and sugar is an acidic waste product of cellular breakdown and transformation.

Isn't that what happens to the banana? As the banana moves from irritation to inflammation to induration and then to cancer, going from green to yellow to brown. It gets "liver spots" the same way we get liver spots—through excess fermentation and rotting. We do not say the banana has cancer; we say the banana is spoiling.

In the same way we shouldn't say that the lung has cancer but rather that the lung is spoiling—it is cancerous. Again, cancer is not a noun but an adjective expressing the process of cellular transformation. Again, sugar is the waste product. In fact, that's why a banana gets sweeter and sweeter as it ferments.

In my research, I consistently see a release of sugar from the breakdown of tissues, organs or glands. And to overcome sugar cravings, you don't have to eat sugar—you need to eat more salt. The secondary metabolites of this primary acid or sugar are acetaldehyde and ethanol alcohol. So sugar cravings are the body's signal that the body needs more sustainable energy to remove the acids of diet and metabolism. The body utilizes electrons for energy purposes. We look to food, water, sun, minerals, vitamins, and drugs to achieve sustainable energy; however, what we are looking for are the electrons from these sources. Our choices determine whether or not our cravings lead to true sustainable energy that either maintain the alkaline integrity of the body's fluids—and therefore the integrity of its tissues, organs and glands—or give us false energy which creates this over-acidic state that leads to latent tissue acidosis, which begins the process of spoiling, culminating in a degenerative

or cancerous condition.

Sugar stimulates and gives the body a deceptive quick fix—an illusion. Salt provides the matrix of life and gives your body the rise in sustainable energy, over a longer time, without the high and extreme lows that come from eating an acid—whether it be sugar or any other acidic food or drink.

HOW MUCH SUGAR ACID IS TOO MUCH SUGAR ACID? Even one pack of the candy favorite M&M's may be more than you

should eat in a day, newly drafted guidelines from the World Health Organization suggest.

The WHO used to recommend that you get no more than 10% of your daily calories from sugar acid, but now they're considering lowering that to 5%. For an average, healthy adult, that would mean 25 grams, or about six teaspoons of sugar acid per day. (That's a little less than what you'd get from 10 Hershey's Kisses. A single can of Coke has 39 grams of sugar acid.)

A teaspoon of sugar in your coffee or a half-cup of ice cream won't kill you — all things in moderation — but the average sugar intake in the U.S. is 22 teaspoons per person per day. That's almost four times as much as the WHO's new guidelines suggest is healthy.

People have been sounding warnings about the dangers of too much sugar for a long time. As early as 1957, John Yudkin, a professor of nutrition

at Queen Elizabeth College in London, began arguing that when it came to heart disease and other chronic ailments, sugar — not fat — was the culprit.

So what happens if you eat too much sugar? Here's a depressing rundown.

1. Cavities

Trust your dentist on this one: Sugar is a metabolic acid and an enemy

to dental health that one study way back in 1967 called it the “arch criminal” behind cavities. The connection between the metabolic acid sugar and cavities is perhaps the best established. “Tooth decay occurs when the bacteria that line the teeth feed on simple sugars, creating acid that destroys enamel,” Anahad O'Connor explains at

The New York Times. Because acid is a key culprit, sour candies are especially nefarious.

2. Insatiable hunger

Leptin is a hormone that lets your body know when you've had enough to eat. In people who develop leptin resistance, this “I'm full” signal is never received, presenting a major obstacle for weight control.

Some studies have raised the possibility that leptin resistance may be a side effect of obesity, not a contributing cause. But research in rats suggests that overconsumption of fructose can directly lead to higher-than-normal levels of leptin, which can reduce your body's sensitivity to the hormone. Removing fructose from the rats' diets generally reversed those effects.

“Our data indicate that chronic fructose consumption induces leptin resistance prior to body weight ... increases, and this fructose-induced leptin resistance accelerates high-fat induced obesity,” concluded one 2008 study in rats. Still, more research is needed to test whether these effects hold true in humans as well.

3. Weight gain

Other than adopting a completely sedentary lifestyle, there are few routes to packing on the pounds that work as swiftly and assuredly as making large amounts of added sugars a staple of your daily diet. Sugary foods are full of acidic ingredients not will do little to satiate hunger. A 2013 review of 68 different studies found “consistent evidence that increasing or decreasing intake of dietary acidic sugars and sugary foods from current levels of intake is associated with corresponding changes in body weight in adults.” Want to lose weight? Cutting your sugar and acidic sugary food intake is a good place to start.

4. Insulin resistance

When you eat a lot of high-sugar acidic meals — donuts for breakfast, anyone? — It can increase your body’s demand for insulin, a hormone that helps your body convert food into usable energy. When insulin levels are consistently high, your body’s sensitivity to the hormone is reduced, and the acidic metabolic waste product glucose builds up in the blood.

Symptoms of insulin resistance can include fatigue, hunger, brain fog, and high blood pressure. It’s also associated with extra weight around the middle. Still, most people don’t realize they are insulin resistant until it develops into full-blown diabetes — a much more serious diagnosis.

5. Diabetes

Between 1988 and 2008, the prevalence of diabetes in the U.S. increased by 128%. Diabetes now affects about 25 million people in the U.S. — that's 8.3% of the population.

One study that followed 51,603 women between 1991 and 1999 found an increased risk of diabetes among those who consumed more acidic sugar-sweetened beverages — that's soda, sweetened ice tea, energy drinks, etc. And a massive review of previous research involving 310,819 participants supported this result, concluding that drinking lots of soda was associated not just with weight gain but with the development of type 2 diabetes.

Portion control may be especially crucial when it comes to sugar. “Duration and degree of sugar exposure correlated significantly with diabetes prevalence ... while declines in acidic sugar exposure correlated with significant subsequent declines in diabetes rates” — even after controlling for other socioeconomic and dietary factors, concluded a 2013 study of eating habits and diabetes prevalence in 175 countries.

6. Obesity

Obesity is one of the most-cited risks of excess acid or sugar consumption. Just one can of soda each day could lead to 15 pounds of weight gain in a single year, and each can of soda increases the odds of becoming obese, a JAMA study noted.

Sugar may well raise the risk of obesity directly, but the association could be mediated by diabetes, metabolic syndrome, or other diet and exercise habits associated with high-sugar diets. And it's possible that soda is uniquely pernicious, above and beyond other sugary foods.

“The complexity of our food supply and of dietary intake behavior, and how diet relates to other behaviors, makes the acquisition of clear and consistent scientific data on the topic of specific dietary

factors and obesity risk especially elusive,” concluded one 2006 review. Still, a more recent review cautioned, “we should avoid the trap of waiting for absolute proof before allowing public health action to be taken.”

7. Liver failure

Because of the unique way we metabolize fructose, it creates a stress response in the liver that can exacerbate inflammation. High doses of sugar can make the liver go into overdrive. That’s one reason excess fructose is a “key player” in the development of nonalcoholic fatty liver disease, where fat accumulates in the liver in the absence of alcohol abuse.

People with this diagnosis have been found to have almost double the soda intake of the average person. Most don’t experience any complications and don’t realize they have it. But in some people, the accumulated fat can lead to scarring in the liver and eventually progress to liver failure.

8. Pancreatic cancer

A handful of studies have found that high-sugar acidic diets are associated with a slightly elevated risk of pancreatic cancer, one of the deadliest cancers. The link may be because high-sugar acidic diets are associated with obesity and diabetes, both of which increase the likelihood someone will develop pancreatic cancer. Still, one large study published in the *International Journal of Cancer* disputed the link between increased sugar intake and increased cancer risk, so more research is needed.

9. Breast Cancer

According to researchers at the University of California, San Francisco, sugar poses a health risk—contributing to around 35 million deaths globally each year. So high is its toxicity that it should now be considered a potentially toxic substance like alcohol and tobacco. Sugars and the inflammation and acidic environments they create are important constituents of the local environment of tumors. In most types of cancer inflammatory conditions are present before malignancy changes occur.

Published in the Journal of Clinical Investigation and titled, “Increased sugar uptake promotes ontogenesis via EPAC/RAP1 and O-GlcNAc pathways”, researchers addressed a common perception (or misperception) in the cancer research community regarding sugar’s relationship to cancer: namely, “increased glycolysis [sugar based metabolism] is frequently viewed as a consequence of oncogenic events that drive malignant cell growth and survival.”

Contrary to this conventional view, the new study “provides evidence that increased glycolytic activation itself can be an oncogenic event...” That is to say, the activation of sugar-based metabolism in a cell – driven by both the presence of increased quantities of glucose and the increase glucose receptors on the cell membrane surface (i.e. “over expression of a glucose transporter”) – drives cancer initiation.

Moreover, the study found that “Conversely, forced reduction of glucose uptake by breast cancer cells led to phenotypic reversion.” In other words, interfering with sugar availability and uptake to the cell causes the cancer cell to *reverse* towards its pre-cancer structure-function (phenotype).

What this new research indicates is that sugar – of which Americans consume an astounding 160 lbs annually (imagine: 31 five-pound bags for each of us!) – is one of the primary causes of metabolic cell changes in the body consistent with the initiation and promotion of cancer. And, the research indicates that removing it from the diet, and depriving the cells of it, could *reverse* cancer.

10. Kidney disease

The idea that a high-sugar diet — and too much carbonic acid in soda in particular — may be a risk factor for kidney disease is still just a hypothesis, but there’s some reason for concern. “Findings suggest that sugary, carbonic and phosphoric acid soda consumption may be associ

ated with kidney damage,” concluded one study of 9,358 adults. (The association emerged only in those drinking two or more sodas a day.) Rats fed extremely high-sugar diets — consuming about 12 times the percentage of sugar recommended in the WHO’s new guidelines — developed enlarged kidneys and a host of problems with regular kidney function.

11. High blood pressure

Hypertension has wrongfully associated with salty foods, not highly acidic desserts — but eating lots of added sugar has indeed been linked to high blood pressure. In one study following 4,528 adults without a history of hypertension, consuming 74 or more grams of sugar each day was strongly associated with an elevated risk of high blood pressure.

In another very small study following only 15 people, researchers found that drinking 60 grams of fructose elicited a spike in blood pressure two hours later. This response may be related to the fact that digesting fructose produces uric acid, but — as one meta-analysis of the data concluded — “longer and larger trials are needed.”

12. Heart disease

Heart disease may not get as much time in the spotlight as diseases like

cancer and AIDS, but it is in fact the number one cause of death in the United States. While smoking and a sedentary lifestyle have long been acknowledged as major risk factors. Conditions associated with excess sugar consumption, like

diabetes and being overweight, are also already known risk factors for heart disease, and recent research suggests that eating too much sugar might stack the odds against your heart health — especially if you are a woman.

In one study of rats with high blood pressure — which may offer clues for further research but can't be directly extrapolated to humans — heart failure came fastest when they were fed a diet high in sugar (when compared to high-starch and high-fat diets). And a CDC study of 11,733 adults concluded that there is “a significant relationship between added sugar consumption and increased risk for CVD [cardiovascular disease] mortality.” When participants got 17% to 21% of their daily calories from sugar, they were 38% more likely to die from heart disease than those who limited their calories from sugar to 8% of their total intake. Source: Journal of Hypertension, 2008; American Journal of Cardiology, 2012; JAMA Internal Medicine, 2014

13. Addiction

Doctors don't all agree the “food addiction” you read about in diet books is a real thing, but there's recently been some research indicating that the disorder might be possible in humans. And there is evidence that rats can become dependent on sugar, further supporting the idea that similar behavior might be present in humans.

“In some circumstances, intermittent access to sugar can lead to behavior and neurochemical changes that resemble the effects of a substance of abuse,” noted one study that found sugar-addled rats displayed bingeing, craving, and withdrawal behaviors.

14. Cognitive decline

Obesity and diabetes are both risk factors for cognitive decline and Alzheimer's, so it's no surprise that studies are beginning to find a link between excess sugar and these cognitive conditions. The

reasons for a possible relationship between a high-sugar diet and dementia later in life are still unclear.

Is there a direct dietary association? Is the real link between diabetes and Alzheimer's only? One recent study found rats that had diets high in fat and sugar could dull emotional arousal and contribute to memory impairment. And another study in humans found an association between diets high in high fructose corn syrup and reduced performance in the hippocampus. Researchers are currently investigating the many open questions, with some urging caution until more evidence is gathered.

15. Nutritional deficiencies

If you're scarfing down lots of excess sugar, you're probably skipping over the things you should be eating instead. "High-sugar foods displace whole foods (e.g., soft drinks displace milk and juice consumption in children) and contribute to nutritional deficiencies," noted a

statement from the American Heart Association. In a study of 568 10-year-olds, as sugar intake increased, intake of essential alkalizing nutrients decreased. And in a 1999 study, researchers from the Department of Agriculture found that when people got 18% more of their calories from sugar, they had the lowest levels of essentials like folate, calcium, iron, Vitamin A, and Vitamin C.

16. Gout

Gout used to be considered a disease limited to the rich, but as our acidic high protein diets have changed, this painful form of arthritis has become

more common across all sectors of society. Certain foods like organ

meats and anchovies that are associated with gout have high levels of something called purines and when your body breaks them down, it produces uric acid. A buildup of uric acid is what often leads to this acidic condition of gout.

But uric acid is also a byproduct of fructose metabolization, and now newer research is suggesting that too much sugar could be a risk factor for gout as well. “Consumption of sugar sweetened soft drinks and fructose is strongly associated with an increased risk of gout in men,” concluded a 2008 study that tracked thousands of patients for more than a decade.

LYMPHATIC SYSTEM AND SKIN

Remember, the skin suffers most. If the body can't eliminate the acids that are created through energy use, it throws the acidic wastes out into the connective and fatty tissues and into the lymphatic system. This is why the lymphatic system is so critical in the prevention and treatment of cancer, because it is the lymphatic system that is the vacuum cleaner of the acids that are in the interstitial fluids of the body.

The lymphatic system pulls these poisonous acids out in order to maintain the integrity of the tissue through diaphragmatic breathing and perspiration. Perspiring is one of the most important things you need to do to remove cancer-causing acids. Why? If you can't eliminate your acidic wastes completely through urination, respiration or defecation, your body “urinates” through the skin—which is why there are more than one million cases of skin cancer a year in the United States alone. Strangely, it's seldom talked about because the etiology of skin cancer is unknown. Scientists don't know what causes basal cell carcinoma, melanoma. They do not get it because they don't understand latent tissue acidosis and the importance of the lymphatic system as the vacuum cleaner to remove poisonous acidic wastes out via the kidneys and through perspiration.

This is why obesity and a lack of exercise are associated with cancer. When you are moving your body, you are moving the acidic wastes out of the connective and fatty tissues, organs and glands. The lymphatic system, unlike the circulatory system, does not have a pump (the heart)— it actually flows through movement. The diaphragm muscle acts as a pump for the lymphatic system that moves acidic wastes through the system—out through perspiration or back into circulation to be eliminated through urination.

INTESTINAL ROOT SYSTEM

We haven't been taught much about the intestinal root system. It's similar to a carpet in the nine yards of our intestines, if you can imagine that intestine stretched out. You have something similar to a carpet texture with the tiny hair-like structures called intestinal villi and micro-villi that are very fine and delicate.

Shelley: As a lymphatic massage therapist, I am fascinated to find that in each intestinal villi is a vein, an artery, and in the middle a lymphatic vessel that runs up through. Everything that we eat and drink goes into the digestive system and ends up in the lymphatic system in this carpeted small intestine. The intestinal villi have lymphatic lacteals. They both absorb all your nutrition and take it out into the bloodstream to feed and bring nutrients to your cells. Like an ocean tide, the liquids bathe all your cells and tissues. Then blood and lymphatic capillaries receive back the fluids to further filter and detoxify, before sending them to the lung, liver, kidneys for excretion. Dr. Young has a theory on how blood is made in our system. He says that the focal point of the intestinal villi is where red blood cells can be conceived or made here to give us healthy blood.

Again, if you want to prevent cancer, you have to eliminate your acidic wastes through defecation, urination, respiration or perspiration. And if you have a cancerous condition, you have to pee your way to health. Cancer is not a cell, but a poisonous acidic liquid. A "cancer cell" is a cell that has been spoiled or poisoned by this acidic liquid—the metabolic, respiratory, environmental and/or gastrointestinal acids that are produced internally, or may be taken in

via the lungs or skin. When this condition develops within us, the body goes into preservation mode, one tactic being to form fibrous materials that cross-link, to encapsulate the spoiled cancerous cells, thus forming a protective tumor.

PROTECTIVE TUMORS

The tumor is the body's protective mechanism to encapsulate spoiled or poisoned acidic cells, which have not been properly eliminated—isolating them from healthy cells that makeup the tissues, organs and glands of the body. So, the tumor is not the problem. Let the tumor go. Let it do its job, unless the tumor is obstructing some natural function or duct of the body or is growing at a fast pace and overtaking normal body functions--surgery may then be required. The focus must be placed not on the tumor but on the internal environment around the tumor, which is full of acidic cells. One common acid, which is in higher concentration around all tumors, is lactic acid. Lactic acid is a by-product of metabolism when you are in a state of oxygen deprivation. Think of any cancerous condition as a systemic acidic condition that affects first the weakest parts of the body, not a local problem that metastasizes. Metastasis is localized acids that spoil other cells, much like a rotten apple placed in the center of a bushel of healthy apples will spoil the whole bushel.

In this domino effect, one acidic cell spoils another healthy cell, causing a chain reaction. The body stops the domino effect by forming the tumor around the cancerous or acidic body cells. Therefore, there is no such thing as a cancer cell. A cancer cell in reality is a cancerous cell. Cancer is an adjective expressing the spoiling body cells that are rotting in an over-acidic environment. A cancerous cell was once a healthy cell that has been spoiled from an over-acidic lifestyle and diet and the body's inability to remove these acids through the proper channels of elimination.

The only solution to the acidic toxic liquids that poison our body cells is to change the environment or context. You must restore and maintain the alkaline design of the human body if you want to

prevent or reverse a cancerous condition. So, in this sense, the New Biology is really a New Ecology. A polluted internal environment is an open invitation for cancerous cells.

TAKE AN ALKALINE BATH

Since the human organism is alkaline by design and acidic by function, every part of the body that makes up each anatomical element, that makes up your genetic material that makes up your body cells—every part has to be bathed in an alkaline fluid which needs to be purified every 24 hours to remain healthy.

On January 17, 1912, Dr. Alexis Carrel a famous French physiologist of the Rockefeller Institute, and Nobel Prize winner, removed a small piece of heart muscle from an un-hatched chicken embryo—still warm and living—and placed it in fresh nutrient solution in a glass flask of his own design. He transferred the tissue every 48 hours, during which time it doubled in size and had to be trimmed before being moved to its new flask. Every time he moved the heart he would put it into an alkaline saline solution with the appropriate alkalizing minerals. And 20 years later, the heart tissue was still growing! Keep in mind that the average chicken lives five to seven years. The heart finally died when, after 20 years, he decided to pull the plug and not change the fluids every 48 hours.

This discovery answers the question: why cells live and why cells die? The life expectancy of the human cell is infinite, but body cells become compromised by their polluted environment. Since matter cannot be created nor destroyed, only change its form or function; you realize that the environment is everything and that the cell is subservient to the environment. The secret to Dr. Carrel's chicken heart surviving for 20 years lies in this knowledge, this New Biology, this new way of living and thinking as we expand the box, rather than thinking outside the box, that the cell is only as healthy as the alkaline fluids it is bathed in. The heart is only as healthy as the cells and the fluids it is bathed in.

If you have any cancerous condition, this cancerous condition is the expression of your internal environment or ecology. The human cell

will only break down and become cancerous if in an acidic environment. Carrel's experiment brought me to the modern New Biology, the new understanding, the new expansion and expression of medicine and the new definition of cancer—that the composition of our body fluids, that bathe the outside of our cells, must be controlled carefully from moment to moment, day to day with no single important constituent varying more than a one percent. The good news is that this condition of health can be controlled—and you can do it yourself!

In 1932 Otto Warburg received his Nobel Prize in medicine for discovering the cause of cancer. He described it as a cell changing its mode of respiration, its mode of metabolism—from respiration to fermentation. He suggested that cancer was the result of acidic environment, a state of oxygen deprivation. Warburg also wrote a paper entitled, *The Prime Cause and Prevention of Cancer*. He states: "There is no disease whose prime cause is better known—over acidity."

When you understand this fact, you realize that all conditions of cancer potentially can be reversed if the treatments are focused on the fluids and not the cells of the body. Therefore, it doesn't matter what the cancerous condition is, because cancer is not the cause but the effect of an over-acidic lifestyle and diet—the cause of cancer. It's you pulling the acidic lifestyle and dietary trigger that causes cancer. You do not GET cancer, you DO cancer with your daily lifestyle and dietary choices!

WHAT THE BLOOD TELLS US

After 30 years of doing blood research, looking at thousands of cancerous patients, I've never seen one that has healthy blood or an alkaline internal environment. Whether testing the pH of the saliva, urine, blood, sweat, or tears—they are all acidic, the result of an over-acidic internal environment. This is how I came to understand that the human organism is alkaline by design and acidic by function. If you maintain this alkaline design of your body through an alkaline lifestyle and diet, you will prevent all cancerous conditions. The cure

for cancer can't and won't be found in the treatment of the cancerous tissues but in maintaining the alkaline design of the body fluids.

As Thomas Edison said: "The doctor of the future will give no medicine, but will involve the patient in the proper use of food, fresh air and exercise."

The future, my friends, is *here* and *now*. My hope is that The pH Miracle for Cancer will expand your box of truth and knowledge and protect you from the acidic condition medical science calls cancer.

Chapter 5 Can You Over Alkalize?

There are NO dis-ease or diseases without being too acidic. You cannot have loss of energy, irritation, catarrh, inflammation, ulceration or degeneration without metabolic, dietary, respiratory or environmental acid. You cannot be sick and alkaline.

So if the body needs no help in adjusting its pH then why does it get sick? When we understand that the body is alkaline by design and acidic by function then we understand that the body does need help in maintaining its alkaline design with proper alkaline food, drink, exercise, thoughts and deeds. The basic knowledge that the body is alkaline by design and acidic by function is NOT taught at medical school. In fact, current medical savants know nothing about tissue acidosis or what I call "latent tissue acidosis" and the cause of dis-ease or disease.

WHAT IS "LATENT TISSUE ACIDOSIS"?

It is the buildup of acidic dietary and/or metabolic acids that are not properly eliminated through the four channels of elimination – bowels, kidney, lungs and/or skin that are then eliminated or deposited into the connective and/or fatty tissues. The body must eliminate its dietary and/ or metabolic waste products from the blood via these four channels of elimination or the blood will lose its alkaline iso-struture and an the result would be death.

Current medical savants are absolutely wrong when they state that the body needs absolutely no help in adjusting its pH. The body needs a continued supply of alkalinity to buffer or neutralize the acids of environment, stress, diet and metabolism. Everyday the body produces more acids than the body can keep up with.

Metabolism of a normal adult diet results in the generation of 50 to 100 meq of H^+ or proton or acid per day, which must be excreted if the alkaline acid-base balance is to be maintained. A mEq is a milliequivalent, which is an expression of concentration of substance per liter of solution, calculated by dividing the concentration in milligrams per 100 milliliters by the molecular weight. This process involves two basic steps; 1) the reabsorption of the filtered sodium bicarbonate or $NaHCO_3$ and, 2) excretion of the 50 to 100 meq of H^+ or proton or acid produced each day by the formation of titratable acidity and NH_4^+ or ammonium. Both steps involve H^+ or proton or acid secretion from the cells of the kidney into the urine. That is why we age. Aging is actually a fermenting and acidic process. The body has an alkaline buffering system which helps to maintain alkalinity, but when this becomes compromised from an over acidic lifestyle and diet, you start having the symptoms of dis-ease or disease caused by metabolic acidic waste products. It is absolutely essential that you make daily attempts to increase alkalinity with alkaline ionized water with a pH of at least 9.5 and food to prevent and/or reverse dis-ease or disease.

HOW DOES A PERSON MEASURE THE ACID/BASE OF THE BLOOD WHEN THE BLOOD IS ALWAYS MAINTAINING ITS DELICATE PH BALANCE AT 7.365?

Any excess acidity from diet or metabolism is eliminated from the blood and out into the connective tissues to preserve its delicate pH balance. The biochemistry in maintaining blood alkalinity is quite extreme. The body will sacrifice all other organs and organ systems to maintain the delicate pH balance of the blood at 7.365.

Sodium bicarbonate is produced by the body as the #1 buffer of dietary and/or metabolic acid to maintain the alkalinity of the blood and then the tissues. In the body, it takes 20 molecules of sodium

bicarbonate to buffer or neutralize 1 part of carbonic acid (metabolite of metabolism) in order to maintain a blood and/or tissue pH of 7.35 to 7.4. That is a staggering 20 to 1 ratio. You would have to do some serious excessive alkalizing just to keep up with the body's need for more alkalinity. But that is why we age—or should I say, “ferment” from over-acidity. Which by the way, I might add, is why ALL disease or most dis-ease is a result of excess acid and NOT excess base (alkalinity).

Alexis Carrel proved this in his chicken heart experiment in 1908. Carrel received a Nobel Prize for this research. He was able to keep a chicken heart alive for 20 years until he decided to stop changing the alkaline mineral salts every 48 hours. What we learn from Alexis Carrel's work is that you can keep the body cells alive indefinitely if you maintain the alkaline mineral salts daily. The health of human cells that make up tissues and organs are only as healthy as the alkaline fluids in which they are bathed. The human cell cannot tolerate low alkalinity and can never tolerate ANY acid condition. The cell begins its biological transformation becoming bacteria in the first stage; then yeast in the second stage; then mold in the 3rd stage of transformation until the anatomical elements of the organized cell (microzymas) are released to become part of some other organized cell.

In the pH Miracle book I share what I call the “fish bowl metaphor.” The fish bowl metaphor begins with a question. The question is this; “If the fish is sick what would you do, treat the fish or change the water?” The logical answer is, you would change the water. Why? Because the fish is only as healthy as the water it swims in. The fish is the human cell and the water is the fluid around the cell(s). The ocean has a delicate pH balance of 8.3 and is maintained by alkaline mineral salts. Our internal fluids are like the ocean and are maintained by the same alkaline mineral salts – sodium, chloride, magnesium, potassium and calcium. At the present the ocean pH because of global warming has gone from 8.3 to 8.2. This huge decrease in the ocean pH has caused potential health risks to all sea life including the loss of the coral reefs. The same thing is happening

to many of us with body warming, as dietary and/or metabolic acids are causing the loss of bone and muscle in order to maintain the delicate alkaline pH of the blood and tissues. The result is an array of health challenges from arthritis, osteoporosis to cancer all caused by the buildup from dietary and/or metabolic acid that the body could NOT manage!

Current medical science teaches that the pH of blood and most body fluids is near seven, which is close to neutral. They suggest that the pH is under very tight biological control because all of the chemical reactions that maintain life depend on it. They wrongly teach that unless you have serious respiratory or kidney problems, body pH will remain in balance no matter what you eat or drink.

Normally, the pH of the blood and most all body fluids has an alkaline pH at 7.365. Any change in this pH is the result of dietary and metabolic acids that have not been properly eliminated through the four channels of elimination – the bowels, kidneys, lungs and skin. When we over-burden our body with an acidic lifestyle and diet this causes stress and breakdown of these elimination organs not only kidney and lung dysfunction and degeneration but also breakdown in the bowels and on the surface of the skin. This is when dis-ease and so-called disease will be manifested as an effect of the acidic cause. All your organs that filter or eliminate dietary and/or metabolic acids, including the bowels, skin, kidneys and lungs will begin to breakdown from excess tissue acidity and this will result in the symptoms that medical doctors call disease. Life depends on daily doses of alkalinity from ingesting alkaline foods and drinks. Exercise is also critical in helping the body remove tissue acids out through the pores of the skin in the form of sweat. When the body cannot remove its own acidic waste products they are then stored in the fatty tissues, i.e. the hips, thighs, buttocks, waistline, breast and brain. The body will pack on more and more fat to store more and more bodily acids if the lifestyle and diet does not change to an alkaline lifestyle and diet.

For those who are not putting on weight due to tissue acidosis this is the result of acid damage to the root system or the small intestine where stem cells are made. In a state of tissue acidosis, being underweight is more serious than being overweight. At least when you are overweight the body is protecting itself from an over-acidic lifestyle and diet, which can be reversed with an alkaline lifestyle and diet.

Once again, medical doctors and other savants do not recognize "latent tissue acidosis." They recognize compensated acidosis and decompensated acidosis. In compensated acidosis breathing increases in order to blow off more carbonic acid, which decreases PCO_2 because of the lowered carbonate or HCO_3 . When the breathing rate can no longer get any faster and when the kidneys can no longer increase their function to keep up with the acid load from an acidic meal or over-exercise or even too much emotional stress, then the blood pH starts to change from a pH of 7.365 to 7.3 then to 7.2. At a blood pH of 7.1 (still in an alkaline state) the heart relaxes and the client goes into a coma and then dies. There is a daily rhythm or oscillation to this acid base, ebb and flow of the fluids of the body.

The stored acids are mobilized from the connective tissues and Pishinger's spaces while we sleep. These acids reach their maximum (base tide) concentration in this fluid, and thereby the urine at 2am is the most acidic. The acid content of the urine directly reflects the acid content of the fluid in the Pishinger's spaces, the extracellular fluid compartments of the body. On the other hand the Pishinger's spaces become most alkaline around 2pm (the base flood) as then the most sodium bicarbonate or $NaHCO_3$ is being generated by the cover cells of the stomach, to alkalize the food and drink we have ingested. If the urine is not alkaline by 2pm you are definitely in an ACIDIC condition and lacking in alkaline reserves necessary to maintain the alkaline design of the body. This is when sickness and dis-ease is eminent. The ideal pH of the urine should run between 7.2 and 8.4 and can be maintained at optimum by

supplementing alkalizing mineral salts such as pHlavor and phour salts.

According to some medical savants, as for water, you should consider the fact that alkaline water is common throughout the western states but to their knowledge it has not protected anyone from the diseases and disorders that occur elsewhere in the U.S.

Here is where medical science shows their lack of understanding in the biochemistry of the body and the scientific research from myself and others, who have documented the benefits of living, eating and drinking alkaline. The following are just a few references documenting the need for an alkaline lifestyle and diet:

As recently as October 2009, a Cambridge University study published in the highly respected British Journal of Nutrition stated: The concept of diet-induced 'acidosis' as a cause of disease has been a subject of interest for more than a century. The present article reviews the history of our evolving understanding of physiological pH, the physiological support for the concept of 'acidosis', the causes of acidosis, how it is recognized, its short-term effects as well as the long-term clinical relevance of preventative measures, and the research support for normalization of pH. The available research makes a compelling case that diet-induced acidosis...is a real phenomenon, and has a significant, clinical, long-term pathophysiological effect that should be recognized and potentially counterbalanced by dietary means.¹

The researchers, Pizzorno², Frassetto³ and Katzinger⁴ have clearly identified that acidosis (increased acidity in the blood – pH below 7.365) is a very real threat to our health.

Furthermore, my research has shown that the effects of acidosis can directly contribute to various cancers^{2, 3, 12}, arthritis⁴, osteoporosis⁵, cardiovascular disease⁶, diabetes⁷, depression/psychological disfunctions⁸, Crohn's disease⁹, kidney disease¹⁰. Yes, all of the top five killers in Western society and a whole heap more. Furthermore, my experience and the experience

of those who have used my twelve week pH Miracle Lifestyle and Diet have given me significant proof that living alkaline lifestyle and diet also leads to weight/fat loss, muscle gain (also scientifically proven¹¹), energy increases, libido increases, skin improvements and more.

HOW YOU CAN GUARANTEE YOUR HEALTH WITH ALKALINE MINERALS

The above studies prove, without question, that having sufficient alkaline mineral buffers to neutralize dietary, lifestyle and metabolic acids is critical to maintaining excellent health, energy and vitality and to the prevention of degenerative disease.

It is also highlighted in several of these studies that using an alkaline mineral supplement is an effective way of guaranteeing your daily intake of alkaline minerals is sufficient. The efficacy of using a mineral supplement (and these supplements providing a usable form of these minerals) is further supported by this June 2009 study published in the Nutrition Journal, "Effect of a supplement rich in alkaline minerals on acid-base balance in humans". The study concluded "that the ingestion of a multimineral supplement is associated with both a significant increase in blood and urinary pH".

If you want to guarantee you have sufficient alkaline minerals than supplementation is a smart choice. I've been working and researching in the alkaline diet field for over thirty years now and have seen a lot of supplements come and go, and the one thing that determines whether a supplement will be successful or not is: does it work. Poor quality supplements get found out very quickly.

With that in mind, these are the two alkaline mineral supplements that I personally recommend to you. I have been using these personally and recommending them to my clients for over twenty years now and I know that they are incredibly effective.

Young pHorever pHour Salts: Alkaline Minerals of Sodium, Magnesium, Potassium and Calcium almost instantly neutralizes harmful acids.

Young pHorever Alkaline Minerals contains all four primary alkaline minerals: calcium, magnesium, potassium, and sodium. Once these mineral buffers hit the system, they quickly neutralize excess acids. Another bonus of this supplement is that it makes green drinks taste better when mixed together!

YOUNG PHOREVER: PHFLAVOR MINERAL SALTS

A comprehensive multi-mineral formula that will aid your pH balance and gives your body all of the most essential alkaline minerals. Diet Comes First. You should always aim to get an abundance of nutrients from whole foods – there are no shortcuts here. This is just essential. To make sure you're getting plenty of alkaline minerals in your life I believe you should both consume good quality (preferably organic) fresh, vibrant, healthy, high-water content, often raw foods plus I have found that you should supplement this to ensure that you always have a safety net. It is SO important to get enough of the right minerals every day that I fully believe in supplementation in this case.

This is particularly important if you have been out of balance, because there will be a lot of repair, detoxification and tidying up to do in your blood and other cells, so providing your body with an abundance of alkaline minerals is one of the very best things you can do.

HERE ARE THE WHOLE FOOD ALKALINE SOURCES: *Potassium—*

Avocado
Spinach
Soy sprouts
Lentils
Swiss Chard
Tomato
Broccoli
Cucumber
Beetroot Greens Alkaline water

Magnesium— Pumpkin Seeds Spinach
Soy sprouts
Swiss Chard
Broccoli
Cucumber

Sunflower Seed sprouts
Pumpkin seeds Tomato
Celery
Quinoa
Almonds
Alkaline water

Calcium—

Basil
Turnip
Thyme
Spinach Greens Broccoli
Swiss Chard/Silverbeet
Romaine Lettuce Kale
Celery
Cabbage
Green Beans
Asparagus
Brussels Sprouts Garlic
Alkaline water

Sodium—

Avocado
Cabbage
Cauliflower
Kale
Lettuce Greens Parsley
Peppers
Radish
Sunflower Seed sprouts
Turnip

Note on Sodium: I am talking about proper, pure sodium, not table salt or the salt added to refined foods. Today's common table salt is a poison that has nothing in common with natural liquid colloidal salt. Most common table salt is made up of chemicals that pollute your body and wreak havoc on your health. Your table salt is actually 97.5% sodium chloride and 2.5% chemicals such as moisture absorbents, and iodine. Dried at over 1,200 degrees Fahrenheit, the excessive heat alters the natural chemical structure of the salt causing the potential for a myriad of health challenges in your body.

Sodium is essential in the body, and the above listed alkaline vegetables, fruit and water provide you with a good, clean source of this important salt.

Sufficient alkaline minerals in our food and drink are essential to

good health. Your body really needs you to minimize the acids you consume and keep putting alkali in. When we consume acidic foods and drinks, your body uses the alkaline substances in your body (calcium from bones, for example) to neutralize these acids, which causes havoc. The body only has a very tiny supply of alkaline buffers and so by giving the body an abundance of alkalinity we not only ease this burden but also give the body the tools it needs to work optimally. The four main alkaline minerals are calcium, magnesium, potassium and sodium (clean, not refined table salt). These are abundant in fresh vegetables (particularly greens), and we advise you to eat plenty each day!

I also recommend two supplements, pHlavor salts and pHour salts. In the short-medium term these will help undo any previous damage and assist in detoxifying dietary and/or metabolic acids, molds and fungus and in the long-term will help to maintain the alkaline design of your body, giving you a daily safety net to ensure you get enough of these life-changing/life saving alkaline minerals day-in-day-out.

The Blood Jerk Reaction - 47

***Chapter 6* The Blood Jerk Reaction - A Rise In The Alkaline pH of The Blood! What Does it Really Mean?**

A rise in the alkalinity of the blood above pH 7.365 (alkaline phosphate)—any rise—is a result or a compensatory reaction due to over-acidity in body tissues as the blood attempts to maintain pH balance. There is no exception for the rule of alkalinity. The body will ALWAYS overcompensate for the excess acidity in the tissues by over-alkalizing the blood to maintain homeostasis. I call this the “teeter-totter” effect. Along comes the traditional medical attendant and perceives that there is too much alkalinity, when really there is not.

This is an important concept to grasp, so let's oversimplify a bit. The tissues have become acidic. The blood “knows” that. So, it pours out extra alkalinity or alkaline phosphate into the blood and the blood pH

spikes up to a higher than normal pH. It's like when we get the "bejeebers" scared out of us by something innocent, we over-react. When suddenly alarmed, a person might scream, holler, faint, get mad, strike out, drop the vase, kick the dog, or even have a heart attack. The blood does the same thing. A knee-jerk reaction...well, actually, a blood-jerk reaction. Alternatively, how many times have you heard of a car going off the shoulder of the road and the driver over-reacts, jerks the wheel back, and flies into the other lane of oncoming traffic. It happens all the time. Incidentally, if that does happen to you, you're better off not to interfere. Stay on the shoulder. Let the wheel stay there for a moment. Slow the car down. But don't overreact.

Mainstream medicine, not understanding the cause of the excessive alkalinity pouring into the body, may try to stop the rushing over-alkalization. But that's the wrong move. We're better off not to interfere.

Once more. When your little boy falls down, sees mama going out the door, or is scared of the boogey man, what happens? He not only cries, but how often do we see a child go into a big, fat over-reaction? Sometimes, they really get worked up. It's a natural over-reaction to a typical situation.

Now it's Dad's turn to over-react. Along comes Dad and says to keep quiet, shut-up, don't be such a little sissy, put a lid on it, grow up, stop that crying, *or else...*

Since I have digressed to make a point, I may as well digress all the way. Wrong move, Dad. If you do that often enough, the message you send to your child is don't have feelings, don't express your feelings, you are not acceptable, don't act like a child even though you are a child, and don't be who you are. So don't over-react Dad. Better to let the child get it out, stay in the room, validate their feelings, and use a little Active Listening (www.gordontraining.com). Strong feelings can come and go...or come and stay. If you're really klutzy, you could be orchestrating chronic emotional issues for a lifetime. Gee, thanks Dad.

Now, back to your blood. Tissues are acid. Here comes a flood of alkalinity—even so much that the pH rises and concerns the western medical establishment. But whatever it was that caused the pH to over-react must be understood. Acidic tissues mean problems ahead, correct? Not only do we need alkalinity but lots of it. The acid tissues will soon even out the rise in blood pH, and we will need additional alkalinity to wipe out the acidic tissue problem.

Liver cancer is not a disease of alkalinity but a disease of acidity. The body uses the calcium of the bones as well as other buffers (bicarbonate, hemoglobin, sodium, etc.) to chelate acidity! That is why there are always microcalcifications in the liver before the liver cancer tumor shows up. Why prior to the tumor? Because the body will always try to protect and preserve itself by buffering acids with the alkalinity of calcium. The bones are always affected in any cancer because the bones are an excellent source for calcium. So is liver cancer the disease? No.

Then is the loss of bone mass the disease or the calcium deposits in the liver the disease. NO?

Is the increase in the alkaline phosphates the disease? NO! NO!

These are all symptoms, not diseases!

Then the disease must be the over-acidity? Well yes, and well no.

Then what is the disease? The “yes” part I call acidosis or hyperacidity. That is an acceptable term for the condition. But it is really much more. The “no” part is that it’s more than acidity. It’s a psychological disorder. It’s a sociological malaise. It’s a cultural-anthropological phenomenon. And once people understand the truth and the scientific foundation of New Biology, and once people understand the science of what I have been writing about for two the better part of two decades, it may than become to be understood as a “moral disease” as well.

And why is that, you ask? Is committing suicide a moral issue? Well, yes. Is drinking yourself to death a moral issue? Well, yes. Is allowing your child to become obese flying in the face of natural law? Well, yes, assuming you are aware of what’s happening and have other options. If you say “yes” to these last few questions, then we

are looking at a very, complex psychological, sociological, cultural, biological and moral phenomenon. Once you know and believe that over-acidity causes every disease and most dis-ease, then to ignore that fact is a form of suicide. When you eat poorly, you pull the trigger every day of your life, and eventually, the gun fires. The bullet might hit you square in the head like a massive heart attack, or it may kill you more slowly like a cancer, or it may simply put you in a fog for the next 15 years like Alzheimer's or dementia.

This "disease-phenomenon" is an inverted way of living, eating and thinking!!! Yes, this is the cause of all disease—all which disturbs the central balance of organized matter that leads to excess acidity. It is ALL that leads to increases in alkaline phosphates. It is ALL micro-calcifications in the liver, ALL liver tumors, ALL liver cancer and ALL potential bone cancer!

First, we must understand that ALL of the above sicknesses and diseases are NOT sicknesses or diseases but a symptom of Acidosis and catarrh that has built up in the blood and tissues that has significantly effected the white blood cells' ability (the janitorial and garbage collectors for the blood and tissues) to remove metabolic acids and morbid matter. When we are dealing with any symptom or any effect, we need to look to the cause. To understand the cause is not difficult nor is the understanding of the treatment.

"New Biology" explains the cause and effect of all sickness and disease in addition to explaining how to improve the quality and quantity of life. For example, enervation (the deprivation of force or strength) and muscle weakness per se is not a disease. Weakness, or lost power, is not a disease; but, by causing a flagging of the elimination of tissue-waste, which is toxic, the blood becomes charged with acids. I call this Acidosis—poison in the blood and tissues. This is disease and when the toxin accumulates beyond the toleration point, a crisis takes place. This means that the poison or acid is being eliminated—often through the skin, the third kidney. We can call this disease, but it is not. The only disease is systemic Acidosis, which localizes in the weakest parts of our body.

And what we call disease is symptoms produced by the forced vicarious elimination of acids through the mucous membrane. When the elimination takes place through the mucous membrane of the

nose, it is called a cold—catarrh of the nose. And where these crises are repeated for years, the mucous membrane thickens and ulcerates, and the bones enlarge, closing the passages. At this stage, hay fever or asthma develops. When the throat and tonsils, or any of the respiratory passages, become the seat of the crises of acidity, we have croup, tonsillitis, pharyngitis, laryngitis, bronchitis, asthma, pneumonia, etc.

When the acids locate in the cranial cavity we have dementia, Parkinson's, Alzheimer's, muddle thinking, forgetfulness, and even depression. When the acids locate in the gastrointestinal tract we have IBS, gastrointestinal dysmotility, autonomic dysfunction, carotid stenosis and ischemic colitis. When the acids are expressed through the skin we have psoriasis. When the acids locate in the liver tissue we have microcalcifications of these acids that lead to tumors and liver cancer.

What's in the name? All are symptoms of the expulsion of acids from the blood and tissues at the different points named. They are of the same character essentially and evolve from the one cause, namely, systemic Acidosis, a crisis of toxemia.

The description can be extended to every organ of the body, including the largest organ, the skin. For any organ that is enervated below the average standard from stress of habit, from work, or worry, from injury, or any other cause, that organ may become the location of the crises of systemic Acidosis. The symptoms presented differ with each organ affected. That fact gives color to the erroneous belief that every symptom-complex is a separate and distinct disease. But, thanks to the new light being shed by "New Biology" upon nomenclature involved in the naming of a disease, every symptom-complex goes back to the one and only cause of all diseases, namely, systemic Acidosis.

To find the cause of all symptomologies including liver and bone cancer, start with colds and catarrh, and watch the pathology as it travels through the seven stages of acidity, from sensitivity, irritation (IBS), catarrh, inflammation, induration (lupus), ulceration and then to degeneration—cancer. How well could you try to find the cause of man by ignoring his conception, embryonic life, childhood, and manhood, etc. Nature's order is interfered with by enervation habits

until acidosis is established. Then a vaccination (seen in Gulf War Syndrome and Spanish Flu Epidemic) or an infection (an outfection) from any source will act as a firebrand. Sooner or later cause the most vulnerable organ (the bowels) will undergo organic change. The organ, however, has nothing to do with cause, and directing treatment toward the organ compounds the problem and is nonsense. Examples of this wrong thinking yield blood transfusions for pernicious anemia, gland treatment for gland impotency, the cutting out of stones, ulcers and tumors.

There is no question that one of the most pernicious practices in vogue today is treating so-called disease with disease and immunizing with the products of disease. Current medical science calls this form of pathological thinking a "vaccination." When the cause is not known, how is prevention or cure possible except by luck? Producing a mild form of smallpox using vaccine is the same as introducing a poison into a healthy person. It makes no sense. Certainly only pathological thinking can arrive at such conclusions. Vaccine or autogenous remedies (metabolic acids) are made from the products of disease. The idea that disease can be made to cure itself is an end-product of pathological thinking! If prevention and cure mean producing disease, surely prevention and cure are not desirable. If prevention can be accomplished, then cures will not be needed! It is not disease, it is cause "in all its aspects" that we need to know before we can take steps to prevent or cure "disease."

Cause is constant, ever-present, and always the same. Only effects, and the object on which a cause acts, change. And the change is most inconstant. To illustrate: a catarrh of the stomach presents first irritation, then inflammation, then ulceration, and finally induration and cancer. Not all cases run true to form. Only a small percentage evolve to ulcer and fewer reach the cancer stage. More toxins exit via acute food poisoning or acute indigestion than by chronic diseases. Most Americans are challenged with the symptomatology of indigestion, which can include acid reflux, diarrhea and/or constipation. The proper way to study disease is to study health and every influence favorable or not favorable to its continuance. Our western system of medicine has been preoccupied with the study of disease, not health. Disease is perverted health. Any influence that

lowers energy becomes disease-producing. Disease cannot be its own cause, neither can it be its own cure and certainly not its own prevention!

My personal discovery of the truth of ALL sickness and disease—that Acidosis is the cause of all so-called diseases—came about slowly, step by step, line upon line, precept upon precept, here a little and there a little. At first, I postulated that yeast and molds must be the general cause of disease. Then I decided that it was not yeast and molds but that the body was becoming enervated. But wait a minute, enervation is not a disease; disease must be due to metabolic acids. I reasoned that localized or systemic Acidosis is the true general cause of all disease and must be autogenerated. And if disease is due to autogenerated acids, what is the cause of that auto-generation?

The answer is found in understanding the nature of matter and how it organizes and disorganizes. I realized that there must be a physical or emotional disturbance to organized matter before it can begin its disorganization. And when matter begins to disorganize, it gives rise to autogenerated acids. This is true for all matter!

To illustrate, take a physical injury to a joint, which is often complicated with the prior symptom of rheumatism. The rheumatism previous to the injury was potentially in the blood and/or tissues. Just what change had taken place in the matter, which, under stress of injury or shock of any kind, would cause a reaction with fever? I could not understand until the “Acid Theory” suggested itself to my mind. After that, the cause of disease unfolded before me in an easy and natural manner. I called this new paradigm for ALL sickness and disease “The Cycle of Imbalance.” You can read about “The Cycle of Imbalance” in my book, “Sick and Tired, Reclaim Your Inner Terrain.” You can order this book at: www.phmiracleliving.com.

In a few words, without Acidosis, there can be no sickness or disease and there can be NO CANCER! It is also true that without Acidosis there can be NO PAIN! Therefore, pain equals acid and acid equals pain. I knew that the waste products of cellular disorganization and metabolism were toxic and that the only reason why we were not poisoned by it was because it was removed from the organism as fast as it was produced. Then I discovered that the

acid was retained in the blood and tissues when there was a checking of elimination. Then, the cause of the checking had to be determined. In time, I thought out the cause of all sickness and disease. I knew that when we had normal energy, organic functioning was normal. Then came the discovery that enervation caused a checking of elimination.

Eureka! The cause of ALL sickness and disease is NOW found! Enervation checks elimination of the waste-products -- ACIDS -- of cellular disorganization and metabolism. Retention of metabolic ACIDS is the first and the only cause of sickness and disease!

One of the first things to do to get rid of any so-called disease is to get rid of all the acid, for it is this state of the blood and tissues that makes disease possible. Infection, drugs and food poisoning may kill, but if they do not, they will be short-lived in a subject that is free from enervation and acid. Conversely, the poisoning will linger in the system until the acid is overcome. Then and only then will elimination remove all traces of infection.

Syphilitic infection is pronouncedly an acidic subject thrown into great virulence by poor nutrition, lifestyle and conventional treatment. The same is true with HIV/AIDS. The so-called infection is the least offender of the trio. Add fear (false evidence appearing real) and wrong eating and we have a formidable symptom complex that serves to justify all that professional syphilomaniacs say and write about the disease. Remove Acidosis, drugging, fear, and vile eating, and there is little left. What is left can be easily thrown out of the body by nature! Scientific research is being carried on vigorously in an attempt to find the cause of disease. The conception of disease is that the cause is individual. Here is where investigators meet their Waterloo. All of the so-called diseases are increasing symptom complexes due to repeated crises of Acidosis. They have no independent existence! As soon as acidity is controlled, the symptoms disappear unless an organ has been forced by innumerable crises to degenerate. Even organic change, when the organ is not destroyed, will come back by correcting the life and getting rid of the true cause— the crisis of Acidosis!

All symptoms of all so-called diseases have one origin. All diseases are ONE! Unity in all things is Nature's plan. Polytheism is gone, and

everything pertaining to it and coming out of it must go. So there is only one sickness, one disease, and NOW one treatment. The one sickness and disease is the over-acidification of the tissues and then blood due to an inverted way of living, eating, and thinking. The one treatment is to alkalize and energize with Dr. Robert and Shelley Young's pH Miracle Living Plan. You can learn more about this program on our website or in our books, The pH Miracle, The pH Miracle for Diabetes, The pH Miracle for Weight Loss, Back to the House of Health I and II and Sick and Tired which you can also purchase through Amazon.com Barnes and Noble or Borders Books. The complete program is a 12 week program that includes the foods outlined in the foundational section of Shelley's book, "Back to the House of Health." You start off the program with a 10 to 14 day liquid feast. You can eat as much and as often as you like as long as the food is green and purred. The soups found in Shelley's book such as the Broccoli Soup, Aspar/Zinc Soup, The Healing Soup and the Popeye Soup with lots of avocados are excellent to eat during the liquid feast. You also need to begin taking the nutritional supplements while drinking at least 4 to 6 liters of Greens a day. Start out gradually drinking 1 liter of Greens per day and then work up to 2, then 3, then 4, until you are drinking 6 liters a day. When you take the nutritional supplements, take 5 drops 6 times a day of the liquid colloids under the tongue, (except the pH drops which are taken in purified water and NEVER taken under the tongue) away from meals, or taking 1 capsule 6 times a day of the capsule products with meals. I would suggest taking 4 capsules every 4 waking hours of the bowel cleansing formula. The bowel cleansing product helps to keep things moving through normal elimination. After you complete the 10 to 14 day liquid feast, you can then begin introducing some solid food but it still needs to be as green as possible. I would suggest not only the vegetable soups, but also steam vegetables and lots of salads. Make sure you use only lemon or lime and good oils on your salads for the dressing. Another tip is to include liberal amounts of flax and olive oil in or with your soups and salads. I suggest a minimum of 5 to 6 tablespoons of good oils each day.

In conclusion, the medical world has been looking for a remedy to

cure disease, notwithstanding the obvious fact that nature needs no remedy. She needs only an opportunity to exercise her own prerogative of self-healing. Cures! There are *no* cures! The subconscious builds health or disease according to *our order*. If we send impulses of irritation, discontent, unhappiness, complaining, hate, envy, selfishness, greed, lust, and the biggest one of all pride, the subconscious builds us in the image of *our order*!

The truth is that we need no doctor. We need to empower ourselves to effect a reconciliation between our subconscious creator and ourselves. What we need is to learn self-control, respect, poise, and relaxation! And when these impulses are sent over the sympathetic nerves to our subconscious creator, we will begin to receive images of a more ideal man or woman, until an approach to Perfection is attained.

Sickness and disease, including the symptoms of cancer, tumors, AIDS, diabetes, MS, lupus, HIV/AIDS, depression, hyperthyroidism, Wilson's Syndrome, fibromyalgia, pain in every joint and muscle, chronic fatigue syndrome, muscle cramps, allergies (food), asthma, bronchitis, frequent colds, candida, hypoglycemia, allergic reaction to any chemical, chronic fatiguing, food cravings, indigestion, inflamed joints, insomnia, mood swings, gas, bloating, diverticulitis, irritable bowel, pneumonia, ulcers, stomach and bowel cramps and even memory loss is the culmination of years of abuse of nutrition and years of acids from faulty elimination by forcing the bowels to move. We don't GET sick and tired we DO sick and tired! The most powerful way to eliminate acids in the blood and tissues is the pH Miracle Living Lifestyle and Dietary Plan.

You are the builder of tomorrow, and you need not pay a fortune-teller, doctor, lawyer, preacher, or banker to tell you what will happen to you tomorrow. Nothing will happen. The inevitable will come. You will inherit the fruits of today's sowing. I hope you find these thoughts and suggestions helpful when dealing with any symptomatology, whether physical, emotional or spiritual.

Key to Cancer Prevention 57

***Chapter 7* Key to Cancer Prevention The Alkaline pH of the Body.**

When the alkaline pH of all the body fluids bathing every cell from within and without is maintained at 7.365, life continues without pain, suffering, sickness or disease.

After more than a century of trying, the Pasteurian germ theory has utterly failed in the quest to a cure for any disease. In this sense, Louis Pasteur's germ theory has become a curse. Antoine BeChamp said this about Pasteur's germ theory: "There is nothing so false that does not contain some element of truth, and so it is with the germ theory." Since Pasteur's day, other proposed theories about the cause of disease have fallen on death ear because they tend to contradict that paradigm. No matter how simple and logical an idea about the cause of disease, if it does not promote the concept of invasion of germs and their specific cures, it does not fit into the medical paradigm.

More importantly, the germ theory encourages individuals to abdicate personal responsibility for their health to the medical community. If germs cause disease, it stands to reason that control belongs to the medical community whose tireless researchers spend trillions of our money to find the right pill or potion to annihilate disease-causing germs. This quest to cure disease through medication is at the heart of modern allopathic medicine and the multi-trillion dollar pharmaceutical industry. It is a quest that persists despite evidence indicating that airborne germs do not cause the disease for which they are credited. All major degenerative diseases are on the increase, as are so called infectious diseases, which are not infectious at all. Every year, old symptoms are given new names—names like MS for polio, AIDS for poor sanitation, poor nutrition, poor lifestyle choices and drug use, Epstein-Barr virus for connective tissue disorders like fibromyalgia—to make them appear to be the work of a new germ.

If we want to find the cure for disease, we need only to look at our dietary and lifestyle choices. If you heed the ignored, even rejected discoveries of Pasteur's peers and scientists of the 19th and 20th century, adding those to my own discoveries, you will learn the true cause of disease. Until the medical community starts looking at causes rather than devoting its time looking for cures, and until we start taking responsibility for our lifestyle and dietary choices, we are in danger of becoming extinct, like the dinosaurs, from the treatments of modern medicine to kill a non-threatening or phantom germ.

ORIGIN OF LIFE

Where does life begin? In the womb or the grail, the Holy Grail, in the amniotic fluid, in a 98.6 F, one percent water and salt solution or one part salt to 100 parts water. This natural salt solution is called the sol, the origin of the word directly connected to the word soul. What we call sol for our salt solution (a solution of two in one- no more polarity), was believed by the ancient Celts to represent our soul, as the soul originated, in their belief, from the ocean where we are all born from the same fluids, arising from the same sol solution of salt and water.

Our body in its wholeness is an ingenious creation of nature. It has been given all mechanisms to not only sustain its life but also to create new life. Every healthy person has innate regulatory mechanisms to maintain its alkaline design and self-healing powers, which ensure or reestablish the natural balance of the bodily functions, the homeostasis. It is not the doctor that heals us, nor the medication, but our own innate alkaline regulatory mechanisms. Our body is able to fully regenerate itself. Therefore, we should use great discernment before labeling any disease as incurable or untreatable. When doctors conclude that a disease is incurable, they would be more accurate in saying that with their knowledge and experience, they are not able to offer any further help. The word incurable conveys FEAR (False Evidence Appearing Real), which stifles and weakens our body's innate alkaline mechanism.

Bio-chemically speaking, health is all about alkaline balance. Bio-energetically speaking, health is all about energy. Vibrating energy is the origin of matter and the origin of life. And matter is nothing more than organized energy.

In 1984, the Swiss physicist Dr. Carlos Rubbia, received the Nobel prize for discovering a mathematically calculable natural constant with which he could calculate the ratio of mass particles (matter) in relation to navigating energy particles, The ratio of matter to energy that forms matter is 1 to 9,746 to the power of 108, or about 1 to 1,000,000,000, meaning it takes one billion energy units to create one single unit of matter in a materialized tangible form. Yet, for the most part, we preoccupy ourselves with only 1 billionth part of reality—what is in a material form and can be seen and touched. We fail to see the greater energy particles it takes to materialize our reality. This revolutionary scientific discovery shows us clearly that every form of matter is subject to higher energetic interactions and subject to change of form and function.

When we analyze the energy content of any form of matter, we arrive at its smallest part—the atom and its protons, electrons and neutrons. There is ongoing movement without any contact- nothing tangible, just pure vibrating energy. This vibrating energy creates a frequency, which can be measured, a so-called wavelength that can be seen using my photon interference photography. Every form of matter is characterized as a specific frequency spectrum. And each frequency spectrum can be measured using a decibel meter. All organized matter is nothing more than organized energy that gives off a specific frequency and a specific sound, which can be measured and heard. When we turn on a light or an electrical device, we can see the energy. We cannot perceive the electrical current itself, but we accept its existence.

This same materially non-perceivable electricity, this energy, flows through our body fluids especially our blood. Every one of us has enough measurable electrical current flowing through us to light up a 100-watt light bulb.

Life/light = energy and energy = information or intelligence.

Everything that exists not only exists as energy but also as a carrier of information or intelligence, whether it is a human being, a form of food or drink, or a rock. Life is a constant exchange of energy and intelligence, and the best place to view this life energy is in live and dried blood. Plasma, which is 92 percent water, is a good example for showing how matter as energy is transformed when additional energy is added or subtracted. Water has three different distinct bodies or states: solid, liquid and gaseous. Ice is frozen water or like the thickening of the blood. We can see it and feel its coolness. By adding energy in the form of heat to the ice it transforms back into a liquid. When we add more energy to the water it begins to boil and the molecules start moving faster and faster that they begin to transform into steam and become gaseous. This transformation of organized energy as matter from one form to another is known as biological or energetical transformation or also referred to as pleomorphism. Energy and intelligence are identical. Every form of energy has a specific wavelength. Every wavelength has its individual content of intelligence. There are no accidents in the order of Nature.

Meanwhile, we know of about 40,000 different diseases and the list is growing that are treated by the 1,200 different allopathic specialty fields with 58,000 different kinds of allopathic preparations or medicines. However, the word diseases in the plural form, is inaccurate. Have you ever heard of "healths? "We are either healthy or ill. This illness signals a lack of energy and shows up in the form of a symptom. To represent a symptom as an illness is technically and scientifically inaccurate. The symptom is merely the intelligent cry of the energetically defective and suffering body, crying out for help. And normally, the body turns to a weakened organ to give us a hint, through a symptom, that things are not in order.

PH BALANCE OR HOMEOSTASIS

Our bodies either hum or honk Upset stomachs or high blood pressure or high blood sugars is the body honking. The honks of our bodies are telling us there is a state of pH or energetic imbalance.

Why does pH balance or pH Homeostasis define good health? pH balance or pH homeostasis commonly refers to the internal balance of the body's electro-magnetic and chemical systems in response to the changing conditions of the external and internal world. The word homeostasis comes from the Greek words: *homeo* means similar or alki or alkaline, and *stasis* means a tendency toward maintaining stability. Many homoeostatic mechanisms in our bodies help maintain this balance, and our state of health is directly related to the health of these mechanisms. pH homeostasis is maintained by dynamic processes of feedback and regulation. pH homeostasis has only one objective: to preserve the beneficial conditions of life in the internal alkali environment.

Daily we are bombarded with external influences that threaten that balanced internal alkaline pH environment. Some of these threats include becoming too hot or too cold, eating too much or eating acidic foods or drinks, breathing polluted air and being exposed to chemicals over a period of time.

Our cells, especially the red blood cells can only survive when our bodies are strong enough to maintain pH homeostasis or to regain it quickly after we have been exposed to toxic environmental threats. Some of the pH homoeostatic mechanisms in the body include temperature regulation, dilation of the eye, blood composition, heart rate, blood pressure, water content, blood sugar level, mineral relationships, and of course the acid/alkaline balance of our body fluids.

An essential feature of these mechanisms is that they enable the red blood cells, the tissue which is a product of the red blood cells and the whole of the organism, also a product of blood, to adapt to changes in both internal and external environmental conditions. If the pH homoeostatic mechanisms are impaired the body loses its ability to regulate these mechanisms.

By looking at living blood using a compound microscope we can view the quality of the red blood cell, its environment and how well the body is managing these pH homoeostatic mechanisms. The

interdependence and close coordination of the many bodily functions, which work so well when we are in alkaline balance or health, may be upset by a chain reaction when any part of the system breaks down from metabolic acids which have not been properly eliminated through, respiration, perspiration or urination. If this chain reaction is too drastic, the red blood cells and body cells will become acidic and begin to biologically transform into other cellular forms, like bacteria or yeast.

The normal state of health is not a static condition, but a coordination response of many systems and mechanisms. Fluctuations occur within a very narrow pH range. An imbalance of a point or two on the acid/ alkaline pH scale is extremely disruptive to health. A few percentiles of variation of oxygen concentration in the blood can impair function. In the bloodstream, the slightest changes can be observed in the structures of the red and white blood cells, the level of cellular debris, the creation of cholesterol or calcium crystals, etc. If the blood sugar content is continually elevated due to body cell transformation or breakdown, the body chemistry becomes upset. An infinitesimal deficiency of sodium, calcium, potassium or magnesium, the alkaline buffers of the body can cause a problem in the function of many body parts.

In 1965, Rene Dubos, a medical historian and philosopher, noted that the body is imperfect in its attempts to adapt and maintain pH homeostasis. She said, "Mechanisms involved in regulating homeostasis do not always return the body's functions to their original state. They can be misdirected. The body can only adapt to insults for so long. When it can no longer adapt, degeneration sets in. Health is the state that the body attains when an individual responds adaptively and restores the body to its original integrity." We must keep our pH homeostatic mechanism strong to deal effectively with our world. If we're humming and the process of pH homeostasis is orderly, life continues; if we're honking and pH homeostasis is continually disrupted, our health is jeopardized.

pH Homeostasis is a bit like balancing the books in accounting—it is maintained by balancing inputs with outputs. How well we adapt in health and sickness is largely a function of the pH homeostatic mechanism. The body's chemistry response to such subtle changes that a negative thought, an acidic food or drink, or eating too much food can be a problem for maintaining balance.

Chapter 8 Proactive Cancer Prevention

IT'S A VERY PERSONAL RESPONSIBILITY.

Giving responsibility to any government or medical establishment to cure disease is giving up personal control. It takes the responsibility and power away from the individual. And what is the fallout? One of six of us will become diabetic. One of three of us will develop cancer. One of two of us will develop cardiovascular disease. One of six couples will suffer from unexplained infertility. One of seven women in the U.S. will develop breast cancer.

We need to get out to the disease business. If we want to understand health, energy and vitality, we need to study the people who are healthy and energetic. Over the last 25 years, I have studied health and how it relates to the blood. Viewing live and dried blood is the pinnacle of understanding health and how to achieve health with alkaline foods, drinks, exercise, breathing, rest, and sleep.

You are responsible for our own health – you alone. A medical practitioner can only help to relieve symptoms. Ultimately, you need to take charge. Health is a choice, just as disease is a choice. You are responsible for what goes into your mouth and what comes out of your mouth, and for what you think, feel and do. Health is all about choices, and consequences. The health and energy of the human organism is the knowledge that our bodies are alkaline by design and acidic by function and the best way to maintain that alkaline design is through an alkaline lifestyle and diet.

7 STEPS TO YOUR PH MIRACLE FOR CANCER

We talk about natural treatments as we look at the 7 steps to our pH

Miracle for enjoying health, energy and vitality as well as for removing acids that spoil our bodies: 1) Super hydrate with alkaline fluids; 2) Eat right for your life; 3) Exercise—sweat your way to health (get out and walk or run until you are sweating); 4) Know that the supplements you are taking are alkaline and alkalizing to the fluids of the body; 5) Understand that your emotions are powerful and create several thousand times more acids than your own metabolic wastes. Your thoughts are so powerful and demand so much energy that as you are in your thoughts, these thoughts create acids that can spoil your body; 6) Set goals, and write them down—one goal should be to purchase some litmus or pH paper and have it in your pocket and bathrooms and start recording and graphing your pH for both urine and saliva. Test your saliva 5 minutes before and after you eat. Keep score. Anytime that your urine, saliva or sweat is below 7.2, take an alkalizing dose of bi-salts or tri-salts or quad-salts, depending on what your compounding pharmacist will put together for you to begin this alkalizing process. It's the best chemical therapy. Yes, sodium bicarbonate is a chemical—a compound of sodium and bicarbonate, HCO_3 , but it's inexpensive and it won't hurt or destroy healthy tissue. 7) Cleanse your body from the inside out. In fact, cleansing ought to be the first step for those who have a serious fermentation state or state of imbalance.

We begin this program on a baby food diet or a liquid or juice diet. Since everything has to be liquefied or pureed in an alkaline state before it leaves the stomach, we might as well prepare the food in that state so that we're not using a lot of energy which creates even more acid to break down our foods that we eat. We don't want to waste a lot of time and energy on breakdown. Let juicers, mixers and blenders do all of that so that we can have a predigested food that is all ready to be utilized by the body.

As a baby, you started out on liquid foods for the first three to nine months; and when you're in a state of imbalance, you need to go back to that state again. It's very healthy. You can do it for an indefinite period of time. There's no need for us to eat solid food because it always has to be liquefied and alkalized before it leaves

the stomach before it enters into the duodenum and then into the small intestine. The pH of that food should be at least 8.2 to 8.4—highly alkalized, ready to be transformed into new blood.

The blood tested by microscopists looks so consistent because you are what you eat and drink. Your blood is a reflection of you, who you are. The blood is uniquely you. It is the life of your body. The best way to get that healthy as it's been defined in Genesis 1:28-30 tells us the specific food we should eat, specifically by color—green. All green foods should be for your “meat”. It's like going back to the Garden of Eden. It's going back to the grass, vegetables, spinach, broccoli, and cucumbers—all of the alkalizing low-sugar fruits, green fruits and all the alkalizing vegetables.

Increase hydration. Your body uses between 2.5 to 3 liters a day just for normal functioning. You lose that much. So you need to replace fluid, every day at least 3 liters. On top of that, if you have a cancerous condition you have to get up into the pH miracle zone and the pH miracle zone is a minimum of 6 liters and in serious conditions you could be up to as many as 12 liters.

We have a client, patient in New Zealand who is diagnosed with melanoma. Four of his friends were diagnosed at the same time, and they're now dead—he is the only one alive. He was drinking 8 to 12 liters a day of fluids in order to saturate the tissues so he could move those acids out of the tissues. You must create the hydration in order to move the toxins. I find for most folks, the more they drink, the thirstier they get, and sometimes the patient is so sick that we have to involve their doctor to hook them up to an IV of saline solution of sodium bicarbonate. That is one of the simple and inexpensive treatments that can be done by the medical doctor—no toxic chemicals but simply an IV of 1% saline solution at 8 ½ to 10% solution of sodium bicarbonate per liter. If you are in any toxemia where the pH is dropping, which is the case in cancerous conditions, you can prevent body wasting by maintaining the alkaline design of the fluids of the body. You can't let it drop below that 7.2 The simplest way to do this is to hook yourself up to 3 to 4 to 5 to 6 liters

in one day.

This is very helpful, very hydrating to the body, and it helps to move out much of the acidity that has been taken up by the acid catchers—the colloidal connective tissues that need to be flushed. It helps to also saturate the tissues in alkalinity in preparation for the body to then release that through the lymphatic system, through the pores of the skin, through sweat or back into circulation through urination. Far infrared and lymphatic massages are two inexpensive ways to help move these acids that cause tissues to break down—what we call cancer, realizing that there's no such thing as a cancer cell, only a cancerous cell, a cell that has been spoiled by some acid.

We need to use alkalizing food and alkalizing supplements. If the food and supplements we consume do not change, the outer ecology worsens. Our intestines and our bowels need to be healed. There is a connection.

CONNECT THE 5 BS

The 5 Bs includes: Base diet, Bowels that are healthy, Blood that is healthy, Brain that is healthy, and Body that is healthy. For example, if our bowels are not healthy, our brain cannot be healthy. Neither can our blood, nor can your body. Our intestines must be healed. They are as polluted as our streams and rivers, lakes and oceans. From the good earth, we can regenerate good health. Our blood is but an agent of this earth, and as the Bible says, "From dust we are and to dust we will return" because ultimately we become what we eat, drink, think and do. I have six powerful nutrients, the super antioxidants, the super antacids—and they need to be taken in combination with the healthy alkalizing diet and hydration: 1) acetyl L-carnitine (ALC), 200 mgs, six times a day; 2) B3, Niacin, 25 mgs, six times a day; 3) conjugated unsaturated fats, conjugated linoleic acids, omega 6s and omega 3s—take between 2,000 and 3,000 mgs six to nine times a day; 4) Coenzyme Q1 and Coenzyme Q10 800 mgs daily; 5) N-acetyl cysteine, the backbone and precursor to glutathione, 1500 mgs six to nine times a day; and 6) the granddaddy of them all, glutathione sulphadryl (or GSH as its known) 1200 mgs, six to nine times a day.

GSH or glutathione is a peptide that occurs naturally within the body. It's called a tri-peptide because it has three amino acids—glutamate, L-cysteine and glycine—when the cells have enough cysteine. That's why you take both of them together. This is when GSA can be formed; without it, it cannot be formed. Without cysteine, the cells of the body cannot protect themselves from acid.

Glutathione is the major antacid with which the organized blood, the organized tissues protect itself. Glutathione is one of the major super antioxidants that help to detoxify our bodies of excess acidity, thereby supporting the white blood cells, which are the garbage collection service. It's anti-tumor because if the body is less acidic, there's less spoiling of cells. If there is less spoiling of cells, there are less fibrin monomers that are conjugated up to cross link and form in a capsulation of these morbid cells. It helps prevent malnutrition and body wasting.

The body wastes itself in order to maintain the constant supply of blood, which is life itself. That's why on a CBC (comprehensive blood test); you have to watch the red blood cell count, which should be at 500 million per cubic millimeter. If it's greater than that, the body is in preservation mode. If it's less than that, the body is in body wasting. The body is using its own cells in order to maintain blood. That means we're not eating enough green foods and getting enough green drinks. The folks in this letter had such good-looking blood because they were drinking and eating greens. That's what you build blood with. It's molecularly identical. The blood of green plants is what builds our blood. When we are building healthy blood, we build good healthy tissue because all body cells are a product of blood. Skin is a product of blood. Heart is a product of blood. Liver is a product of the blood.

Everything is a product of blood. The quality of the blood determines the quality of body tissue. That's why there is a base diet, bowel, blood, brain body connection because what goes in the bowel (because this is where blood is made) determines the quality of the

blood, the quality of the blood will determine the quality of the brains. If you're having cognitive dysfunction or any dysfunction, physically or emotionally, the problem is in the bowels. The problem goes upstream so you have to go back up the intestines to the stomach, to the esophagus, to the mouth. What am I putting in my mouth or what am I putting in my brain? What am I listening to? What am I thinking? We have to go upstream to determine what is going on and we have to evaluate that and then we need to be accountable. We have to keep score and that's the purpose of keeping a diary.

What I Suggest

If you are doing conventional treatment of chemotherapy and radiation, glutathione will protect you against the side effects of these toxic protocols.

If my wife had cancer, what would I suggest to her? What I suggest (I'm not prescribing—you need to clear this with your doctor before you do anything) is to take 1200 mgs, of glutathione six to nine times daily orally and 1200 mgs. of glutathione rectally. If the cancer was really aggressive, I would suggest taking 1200 mgs per 1 liter of 1% saline solution two times a day by IV.

I would also take 25 mls or 600 mgs and put it in a nebulizer and breathe it in because it goes directly into the blood stream. If I don't have a nebulizer and don't have a doctor who will hook me up to an IV, then I would take the 1200 mgs, six to nine times a day in a capsulated form, conjugated (liquefied form) if I can find it. And with that, I would take 500 mgs of N-acetyl cysteine, six to nine times a day.

These are the super antacids; antioxidants that will start bringing your body back to a state of balance. You can check it by monitoring your pH of your urine, saliva and then looking at the live blood to see how the blood is organizing itself and to look at the context or the environment to see the cleanliness of that and how it's changing to see how the blood is coagulating or to go back to your doctor and have another CEA or CA125 or PSA or whatever the test or marker

you're having your doctor do. It's not that invasive to take a vial of blood and test for some of these cancer markers in the blood.

How can you know if it's the right thing to do for you? When you do this, you'll notice that the markers will be going down because you're now doing what is right. You're following a course that is bringing your body back to a state of alkalinity, and you're starting to understand that the body runs on energy, electricity. It doesn't run on food. It doesn't run on calories. It doesn't run on carbohydrates or fats or proteins. It runs on electrons. And the more electrical energy you can put in your body, the healthier you're going to be. And the more chlorophyll you can put in the body and good healthy fats, the healthier your blood is going to be, and that's going to equate in healthy tissue. Do you see how easy this is? We don't need to make it more difficult.

Cancer Cause- Cancer Prevention 69

Section 3 Cancer Cause- Cancer Prevention and The pH Miracle Diet

If we want to reverse stage 4, stage 3, stage 2, stage 1 cancer we have to do it with lifestyle and dietary choices. That is why we focus on an alkalizing lifestyle and alkalizing diet—on lifestyles and diets that are electron rich so they are contributing energy to our life (since our bodies run on energy and electricity) rather than on the acidic aspects or the proton concentrations that are found in many of our foodstuffs and nutritional supplements and in many lifestyle choices that can affect this teeter totter.

Chapter 9 The Acid Diet-Cancer Connection Prevention and reversal of cancer hinges on lifestyle and dietary choice.

Where does cancer begin?' Does lifestyle and diet have anything to do with cancer? Is cancer preventable and if so, how do we prevent

it. If I have cancer, can I reverse it without having traditional chemical therapy, radiation, or even surgery?

MIND AND MOUTH

The cause of cancer is related to what we put into our mouths, into our minds, and into our lifestyle and diet. We have to approach the cure holistically, realizing that acids flow through every part of our body and it's localized in a specific part of the body such as the cranial area, but that is not the only area being affected. All parts of the body are affected to some degree. So we need a holistic approach that will begin the neutralization process or buffering process of these excess acids from the foods that we eat, from metabolism, from breathing, thinking, moving and begin to repair the systems of elimination such as urination, defecation, perspiration, respiration.

All that we eat, drink and think has to be considered as we flood the body to alkalinity. Can we monitor whether the program is being effective? We can measure the urine pH, specifically the morning urine, a direct indicator of tissue acidosis. We can also monitor how we're feeling, how our energies are improving. Are the symptomologies or the consequences of cancerous tissues improving? There are other means of determining if we're being effective – through blood tests and various markers; for example, we could do a PSA if it was dealing with prostate cancer. We take a prostate specific anti-gen test, which is a marker for cancer. Live and dry blood demos are another way to determine whether our protocols of nutrition, diet, lifestyle and exercise are effective, whether they are working for the individual. But we have to approach this holistically and contextually, not specifically, realizing that the tumor is the solution of these spoiled cells. Tumors break down as they begin to shrivel as they finish encapsulating the morbid cells and become crystallized.

MIND, BODY, SPIRIT

I talk about the four bodies – the physical, emotional, mental and spiritual. When I look at the blood of sick people, I see a disconnect

between their physical body, the blood, and their spirit body. When the physical and spiritual bodies start reconnecting, when people reconnect to their true self—we get a different picture of the blood. Two distinct bodies— spirit matter and physical matter—create the soul. Soul, in chemistry, is spelled sol. It's the heterogeneous dissimilar ingredients become the one. So a physical body binding together with the spiritual body becoming the one creates the soul. A lot of disconnection happens when we get into an over-acidic state.

As we begin to alkalize our bodies, this reconnection to our true self begins to happen, and we become happier, more peaceful. Reconnection is difficult when you're on an acidic lifestyle and diet.

CANCER STARTS WITH CHOICES

Cancer starts in our choices. Before we put anything into our mind, before we put anything into our mouth, we make a choice. We choose to smoke or not. We choose to drink alcohol or not. We can choose not to drink alcohol. We can choose not to smoke. It's not some phantom virus—it is choice that causes cancer.

The physical aspect has to be considered before we can bring our emotional state back into balance. There is a bowel, blood, brain connection, so the mental body can be disconnected if our physical body, particularly the bowels, is not balanced. It's important to maintain health and energy and alkalinity in the bowels—that will affect the mental capacity of the body, and of the soul/spirit.

This is what I call the Pyramid of Life, the teeter-totter of life. The key here is to maintain homeostasis, not only biochemically between acid and alkaline but also bioenergetically between protons and electrons.

We have to monitor everything we put into our mouth and everything we put into our minds. We have to manage our thoughts, our words and our deeds. This is not an easy thing. As I speak to you, I also speak to myself. We have to be diligent and committed with certainty, moving forward in faith in order to obtain the fruit of the tree of life, which is most desirous above all things in life.

Again, we need to understand the principle that the human organism is alkaline by design and acidic by function. It's so simple that it eludes most of us. Breathing, eating, thinking is all acidic; and the less we do of it, the healthier we are. That's why people who eat less are creating less acidity and are usually healthier than people who are overeating. Now scientists are saying that obesity is one condition that leads to cancer. Diabetes too. These are progressive steps to the fermenting banana; and when the banana becomes rotten, there are times when surgery becomes necessary. We need to cut out the rotten tissue, just as we would take a rotten apple out of a bushel of healthy apples, especially if the tumor does not complete in its formation and encapsulation because a tumor goes from something very pliable to something very hard.

That's the difference between malignancy and non-malignancy. One still has blood, life flowing to it. It hasn't completely encapsulated. And that which has been encapsulated by the fibrin monomers completely walling it away from any blood whatsoever becomes crystallized and hard. No one ever dies from a tumor. They die from states of over acidity. I know this as a scientist, and I know this on a spiritual level too. They die from localized systemic poisoning of their own waste products from their own doing. There are inexpensive ways to prevent or reverse cancer. How expensive is sodium bicarbonate? How quickly can you settle an upset stomach simply by taking 2 or 3 teaspoons of sodium bicarbonate or potassium bicarbonate, putting it into distilled or reverse osmosis water or purified water and drinking 3 to 4 ounces of that to settle the acid of the stomach, to realkalize that alkaline environment?

The stomach is alkaline by design. Its main purpose is to produce and release sodium bicarbonate. It's alkaline by design. The pH of the stomach should range from 7.2 or up—not 1.5 to 3 which is taught in both traditional and nontraditional medicine.

DIETARY CHOICE

Shelley: As a young girl who had a father who dealt with lymphatic cancer, Hodgkin's disease, I observed that most doctors in the 1960s

that were dealing with my father's case were not aware that dietary choice could help cure or prevent cancer.

God created us to experience duality that through that experience of duality and through free agency we might choose between good and evil, right and wrong, health or sickness, and that through this experience we may gain knowledge and that cancerous tissue of any name is nothing more than the consequence of choice. Someone doesn't get prostate cancer. You have to work on it every day. Someone doesn't get brain cancer. You have to work on it every day—by the food and beverage choices you make.

So the formula for preventing or reversing cancer is understanding that the human organism is alkaline by design and every fluid in the body is alkaline and that everything we put in the body should support that alkaline pH with no exception, no rationalization.

If I have a cancerous diagnosis, chemotherapy will not contribute to the alkaline design of the human organism. And just as a banana rots and changes as that tissue deteriorates and become sweeter and sweeter because sugar is a waste product of cellular degeneration. It's an acid. That's why bananas get sweet. That's why sugar is attracted, especially radioactive sugar in MRIs are attracted to this environment, this waste because cancer cells live within their own waste products. Secondary metabolites like acetyl aldehyde, which if we dilute, we call it vinegar. Health professionals recommend it, as if it's good for the body. It's like putting kerosene on a fire!

EATING LIKE COWS

We all need to go back to the Garden of Eden and start living and eating green.

I call this eating like COWS: C = Chlorophyll; O = Oxygen—nascent oxygen or singlet oxygen and Oil; W = Water—alkaline water at a pH of least 9.5; and S = Salt—liquid mineral salts, Sunshine and Sex. Our 12 to 16 week program includes many alkaline foods. You start the program with a 21 to 28 day liquid feast. You can eat as much

and as often as you like as long as the food is green and pureed and/or juiced. Soups such as the Broccoli Soup, Aspar/Zinc Soup, The Healing Soup and the Popeye Soup with avocados are excellent to eat during the liquid feast. You also need to begin taking the nutritional supplements while drinking at least 4 to 6 liters of Greens a day. Start out gradually drinking 1 liter of Greens per day and then work up to 2, then 3, then 4, until you are drinking 6 liters a day.

When you take the nutritional supplements, take 5 drops 6 times a day of the liquid colloids under the tongue, (except the pH drops which are taken in purified water and NEVER taken under the tongue) away from meals, or taking 1 capsule 3 to 6 times a day of the encapsulated products with meals. I would suggest taking 4 capsules every 4 waking hours of the bowel cleansing formula. The bowel-cleansing product helps to keep acids moving through normal elimination.

After you complete the 21 to 28 day liquid fast, you can then begin introducing some solid food, but it still needs to be as green as possible. Remember, when you are green you are clean, lean and serene. I suggest not only the vegetable soups, but also steam fry vegetables and lots of salads. Use only lemon or lime and good oils on your salads for the dressing.

No acidic vinegar, no acidic enzymes and no acidic probiotics! Another tip is to include liberal amounts of flax, hemp, and olive oil in or with your soups and salads. I suggest a minimum of 5 to 6 tablespoons of good polyunsaturated oils every day. And you should be supplementing pomegranate seed oil everyday. The medical world has been looking for a remedy to cure all disease, notwithstanding the fact that nature needs *no remedy* and *no cure*. She needs only an opportunity to exercise her own prerogative of self-healing. Cures! There are *no cures*! And there will be *no cures* found!

The subconscious mind builds health or disease according to Our Order! We do it with our thoughts, our words and our deeds. If we send impulses of irritation, hate, envy, discontent, unhappiness,

complaining, hate, envy, selfishness, greed, lust, and pride, the subconscious builds us the commensurate image! We need no doctor and no national health insurance plan! We need to empower ourselves to reconcile our subconscious creator and ourselves. We need to learn self-control, respect, poise, relaxation, deep breathing, alkaline eating and drinking, and alkaline exercising! When these impulses are sent over the sympathetic nerves to our subconscious creator, we receive images of a more ideal man or woman, until an approach to perfection is attained.

Sickness and disease—including symptoms of cancer, heart attacks, strokes, MS, diabetes, tumors, HIV/AIDS, lupus, depression, hyperthyroidism, Wilson's Syndrome, fibromyalgia, pain in joints and muscles, chronic fatigue syndrome, muscle cramps, allergies (food), asthma, bronchitis, frequent colds, Candida, hypoglycemia, allergic reaction to any chemical, chronic fatiguing, food cravings, indigestion, inflamed joints, insomnia, mood swings, gas, bloating, diverticulitis, irritable bowel, pneumonia, ulcers, stomach and bowel cramps and memory loss—are the culmination of years of abuse of nutrition and years of acids from faulty elimination by forcing the bowels to move.

We don't *get* sick and tired—we *do* sick and tired! We don't have cancer—we *do* cancer. The most powerful way to eliminate metabolic and dietary acids in the blood and then tissues is the pH Miracle Living Lifestyle and Dietary Plan.

You are the creator of your future, your tomorrow, and you need not pay a fortuneteller, doctor, lawyer, preacher, or banker to tell you what will happen to you tomorrow. The inevitable will come. You will inherit the pHruits of today's sowing.

I hope you find these ideas helpful when dealing with ANY symptomology, whether physical, emotional or spiritual. Your life, your health, your fitness, your energy are consequences of your daily choices, and you are free to choose! Choose wisely—the quality and the quantity of your life depend upon it.

Paul prophesied that in the last days, “Men will be ever learning, and never able to come to the knowledge of the truth” (2 Timothy 3:7). His prophecy is being fulfilled! As of today 126,000 people have died from wars among men—a sad tragedy. But this year alone: 12 million people have died from heart attacks; 5.5 million people from cancer; 2.2 million people from HIV/AIDS; 2.7 million people from respiratory disorders; and 34 million from abortions! We need to realize where the real war is being waged. As Moses said, “My people perish because of lack of knowledge (and vision).”

Again, the human organism is alkaline by design and acidic by function. There is only one sickness and one disease which is caused by an over acidification of the blood and then tissues due to an inverted way of living, eating and thinking. There is no way to have health and acidity—health and alkalinity is the way!

RESEARCH CONFIRMS THE DIET-CANCER CONNECTION Does diet have anything to do with cancer? Diet has everything to do with preventative measures and much to do with causes of cancer, as confirmed by research.

In China studies had to do with vegetables. In the medical college in China, cabbage was discovered to be the single most important food in reducing the risk of stomach cancer. If you have gastric ulcers, stomach problems or acid reflux—anything that causes high acidic levels in the lining of your stomach or those delicate tissues of your digestive tract— you can add cabbage to your diet or juice cabbage and find amazing anti-inflammatory results. From the Hadel Cancer Institute in China, garlic, onion and tomato, God’s antibiotics, inhibit the cell mutation caused by chemotherapeutic drugs.

In Italy, Italian researchers studied smokers who consumed green leafy and other vegetables had a three-fold reduction in their risk of lung cancer with smokers who rarely ate vegetables. This is significant, especially in European countries where smoking is so prevalent. If you or someone you love is smoking, you can reduce your risk of lung cancer by eating chlorophyll-rich green leafy vegetables, chlorophyll being an incredible blood purifier.

This is based on conclusive evidence that chemotherapeutic drugs cause cell mutation and lead to other cancers. Ask physicians. I've asked MDs who attend our microscopy classes and our retreats if they realize that some chemotherapeutic drugs can cause other types of cancer. Every MD has agreed: Yes, some drugs used to fight cancer can cause cell mutations that lead to leukemic types of cancers later in life. So, garlic and onion are things that you want to beef up in your diet. Use them in your salad dressings, you want to use them in your salads and use garlic as much as you can.

Elements that we find in vegetables—garlic, onion and tomato—are called phytochemicals. It's an easy way to remember what they do for us—they fight against mutations in the body. The results of a study at the Mayo Clinic show that cancer patients receiving radiation therapy can benefit dramatically from optimal vegetable-based diets. More research should be done on this approach of alkalizing with a vegetable based diet.

In Greece, women who consumed the lowest level of vegetables had 10 times the rate of breast cancer compared to women consuming the highest level of vegetables. The breast of a woman is the ideal place for acids to be stored. You'll find alarming rates of breast cancer, especially in countries like Ireland where one in two women in Ireland is coming down with breast cancer. It's on the rise and needs a lot of attention.

In Australia, consumption of cabbage, carrots and green leafy vegetables protects against colon cancer. We described the intestinal lining as a carpet of intestinal villi, which are delicate absorbing agents. Try a diet high in alkalization and fiber. If you go with these foods—cabbage, carrots and green leafy vegetables—you increase your fiber tremendously. It's like having a big hose and broom going through that colon to keep it clean. In the crypts or spaces between the intestinal villi debris can get trapped and cause ulcerations. If we keep that the intestines clean and stay hydrated, we're in much better shape in protecting ourselves against colon cancer.

In Japan, a study by the AAT Cancer Institute showed that eating vegetables reduces cervical cancer and breast cancer in women. In England, A controlled study Agency of British Columbia said, eating vegetables dramatically reduces the incidence of breast cancer.

Such studies prove that a vegetable-based diet is our best way of reversing or preventing cancer. Former Surgeon General C Everett Koop said, "Your choice of diet can influence your long-term health prospects more than any action you may take."

The pH scale should be taught in our school system. We've taught the four basic food groups for so long and the four food groups have left us with an acidic residue in the bloodstream. We should be teaching the children about the pH scale, teach them about the pH of their blood. Show them foods on the left side of the pH scale, which are acidic, which will cause an acidic looking body. We don't need the creation of extra fat. We can teach our children to become vibrant and healthy and maintain their vitality.

Chapter 10 Cancer Causing Diagnostics and Vaccines

Research Study Suggests that Radiation and Chemotherapy Can Make Cancers 30x More Malignant

Following on the heels of recent revelations that x-ray mammography may be contributing to an epidemic of future radiation-induced breast cancers, in a new article titled, "Radiation Treatment Generates Therapy Resistant Cancer Stem Cells From Aggressive Breast Cancer Cells," published in the journal Cancer July 1st, 2012, researchers from the Department of Radiation Oncology at the UCLA Jonsson Comprehensive Cancer Center report that radiation treatment actually drives breast cancer cells into greater malignancy.

The researchers found that even when radiation kills half of the tumor cells treated, the surviving cells which are resistant to

treatment, known as induced breast cancer stem cells (iBCSCs), were up to 30 times more likely to form tumors than the nonirradiated breast cancer cells. In other words, the radiation treatment regresses the total population of cancer cells, generating the false appearance that the treatment is working, but actually increases the ratio of highly malignant to benign cells within that tumor, eventually leading to the iatrogenic (treatment-induced) death of the patient.

Last month, a related study published in the journal Stem Cells titled, "Radiation-induced reprogramming of breast cells," found that ionizing radiation reprogrammed less malignant (more differentiated) breast cancer cells into iBCSCs, helping to explain why conventional treatment actually enriches the tumor population with higher levels of treatment-resistant cells. [i]

A growing body of research now indicts conventional cancer treatment with chemotherapy and radiation as a major contributing cause of cancer patient mortality. The primary reason for this is the fact that cancer stem cells, which are almost exclusively resistant to conventional treatment, are not being targeted, but to the contrary, are encouraged to thrive when exposed to chemotherapy and radiotherapy.

In order to understand how conventional treatment drives the cancer into greater malignancy, we must first understand what cancer is....

WHAT ARE CANCEROUS STEM CELLS, AND WHY ARE THEY RESISTANT TO RADIATION AND CHEMOTHERAPY TREATMENT?

Tumors are actually highly organized assemblages of cells, which are surprisingly well coordinated for cells that are supposed to be the result of strictly random mutation. They are capable of building their own blood supply (angiogenesis), are able to defend themselves by silencing cancer-suppression genes, secreting corrosive enzymes to move freely throughout the body, alter their metabolism to live in low oxygen and acidic environments, and know how to remove their own surface-receptor proteins to escape detection by white blood cells. In a previous article titled "Is Cancer An Ancient Survival Program Unmasked?" we delved deeper into

this emerging view of cancer as an evolutionary throwback and not a byproduct of strictly random mutation.

Because tumors are not simply the result of one or more mutated cells “going rogue” and producing exact clones of itself (multi-mutational and clonal hypotheses), but are a diverse group of cells having radically different phenotypal characteristics, chemotherapy and radiation will affect each cell type differently.

Tumors are composed of a wide range of cells, many of which are entirely benign.

The most deadly cell type within a tumor or blood cancer, known as cancer stem cells (CSCs), has the ability to give rise to all the cell types found within that cancer.

They are capable of dividing by mitosis to form either two stem cells (increasing the size of the stem population), or one daughter cell that goes on to differentiate into a variety of cell types, and one daughter cell that retains stem-cell properties.

This means CSCs are tumorigenic (tumor-forming) and should be the primary target of cancer treatment because they are capable of both initiating and sustaining cancer. They are also increasingly recognized to be the cause of relapse and metastasis following conventional treatment.

CSCs are exceptionally resistant to conventional treatment for the following reasons

- CSCs account for less than 1 in 10,000 cells within a particular cancer, making them difficult to destroy without destroying the vast majority of other cells comprising the tumor.[ii]
- CSCs are slow to replicate, making them less likely to be destroyed by chemotherapy and radiation treatments that target cells which are more rapidly dividing.

Conventional chemotherapies target differentiated and differentiating cells, which form the bulk of the tumor, but these are unable to generate new cells like the CSCs, which are undifferentiated.

The existence of CSCs explains why conventional cancer treatment

has completely missed the boat when it comes to targeting the root cause of tumors. One reason for this is because existing cancer treatments have mostly been developed in animal models where the goal is to shrink a tumor. Because mice are most often used and their life spans do not exceed two years, tumor relapse is very difficult, if not impossible to study. The first round of chemotherapy never kills the entire tumor, but only a percentage. This phenomenon is called the fractional kill. The goal is to use repeated treatment cycles (usually six) to regress the tumor population down to zero, without killing the patient.

What normally occurs is that the treatment selectively kills the less harmful populations of cells (daughter cells), increasing the ratio of CSCs to benign and/or less malignant cells. This is not unlike what happens when antibiotics are used to treat certain infections. The drug may wipe out 99.9% of the target bacteria, but .1% have or develop resistance to the agent, enabling the .1% to come back even stronger with time. The antibiotic, also, kills or destroys the intestinal villi of the small intestines making it impossible to create healthy stem cells and then blood cells in the crypts naturally, in the same way that chemotherapy kills the patient's immune system (white blood cells and bone marrow), ultimately supporting the underlying conditions making disease recurrence more likely.

The reality is that the chemotherapy, even though it has reduced the tumor volume, by increasing the ratio of CSCs to benign daughter cells, has actually made the cancer more malignant.

Radiotherapy has also been shown to increase cancer stem cells in the prostate, ultimately resulting in cancer recurrence and worsened prognosis.[iii] Cancer stem cells may also explain why castration therapy often fails in prostate cancer treatment.[iv]

NON-TOXIC NATURAL SUBSTANCES WHICH TARGET AND KILL CSCS

Natural compounds have been shown to exhibit three properties, which make them suitable alternatives to conventional chemotherapy and radiotherapy:

1 High margin of safety: Relative to chemotherapy agents such as 5-fluorouracil natural compounds are two orders of magnitude safer

2 Selective Cytotoxicity: The ability to target only those cells that are cancerous and not healthy cells

3 CSCs Targeting: The ability to target the cancer stem cells within a tumor population.

The primary reason why these substances are not used in conventional treatment is because they are not patentable, nor profitable. Sadly, the criteria for drug selection are not safety, effectiveness, accessibility and affordability. If this were so, natural compounds would form an integral part of the standard of care in modern cancer treatment.

Research indicates that the following compounds (along with common dietary sources) have the ability to target CSCs:

Curcumin (Turmeric)

Resveratrol (Red grapes; Japanese Knotweed)

Quercetin (Onion)

Sulforaphane (Broccoli sprouts)

Parthenolide (Butterbur)

Andrographalide (Andrographis)

Genistein (Soy sprouts)

Piperine (Black Pepper)

Pycnogenol (Pinus maritima, Pine bark)

Zingiber officinale (Ginger)

Sodium bicarbonate (NaHCO_3)

Magnesium chloride (MgCl)

Glutathione (avocado)

N-acetyl-cysteine

Lutein (avocado)

Lycopene (tomato)

Astragalus (Locoweed)

Sodium Chlorite (NaClO_2)

Potassium hydroxide (KOH)

Laetrile/B-17 (Apricot seeds)

Tetrahydrocannabinol (Hemp)

Cannabidiol (Hemp)

Capsicum annuum (cayenne pepper)
Sodium Hydroxide (NaOH)
Sodium chloride (NaCl)
Calcium bicarbonate (CaHCO₃)
Chlorophyll (Wheat grass, Barley grass, Alfalfa grass) Saponins
(Soy sprouts)
Magnesium bicarbonate (MgHCO₃)
Cancer-Causing Foods 83

***Chapter 11* Cancer-Causing Foods What Acidic Food/Drink Is Killing Us?**

We don't need more time or more studies to know what foods and drinks cause concern. The proof is already clear, and among the culprits are the following:

ALCOHOL

According to a 10-year global study funded by the World Health Organization, Alcohol causes liver cancer. Alcohol is a major contributor to breast cancer

TOBACCO

Lung cancer increases threefold if we smoke. Alcohol and smoking are the two major dietary and lifestyle choices that cause most cancers, even breast cancer. Out of that 200,000, about 10% are men, so it's not just women getting breast cancer; men are dying from breast cancer as well. Smoking causes cancerous lungs, not cancer. The smoke is a toxin or an acid that's spoiling the lungs. When we look at the lungs and blood of a smoker with lung cancer, we see at the cellular level the crystallized black crystals in the blood.

OBESITY

There's an association between obesity and the pH miracle for weight loss. Obesity is the body's way of protecting itself against excess acidity. We pack on the pounds to park our acids that are not

being eliminated through urination or perspiration or respiration or defecation. Obesity is definitely a factor.

FOODS/DRINKS THAT BOOST YOUR RISK OF CANCER Here is my list of 25 cancer causing foods never to eat or drink: 1) Alcohol—alcohol is an acid, a known carcinogen increasing your risk for liver cancer. 2) Bread—constipating and associated with the cause of breast cancer. 3) Chicken—highly constipating and destructive to the eliminatory canal especially the intestinal villi increasing risk for diabetes and colon cancer. 4) Dairy products—high in the acid lactose increasing your risk for reproductive cancer. 5) Corn and all corn-related products are high in fructose a strong cancer-causing acid. 6) GMO foods—genetically altered foods that increase the risk of cancer. 7) Soda drinks, including soda water—contains carbonic acid and phosphoric acid, which increase your risk for cancer. 8) Processed meats—contains cancer-causing nitrosamines. Deli meats, summer sausage, hot dogs, bacon, and other meats sold at the grocery store are often loaded with sodium nitrite and other chemical preservatives linked to causing heart disease and cancer. 9) Vinegar—it is pure acid containing acetaldehyde a known neurotoxin. 10) Peanuts—loaded with mycotoxins from yeast and mold which are cancer causing. 11) Soy sauce—a strong fermented food is highly acidic increasing your risk for cancer. 12) Ocean Fish—contaminated with radioactive iodine and cesium from Fukushima, Japan nuclear meltdown increasing your risk for cancer. 13) Pork—a highly acidic meat with the risk of parasites increasing risk for colon cancer. 14) Tobacco—the smoke contains burnt sugar that increases your risk for lung cancer and the main addictive ingredient. 15) Eggs—contain over 38 million bacteria and are highly acidic to the blood and tissues. 16) Chocolate—contains two cancer-causing acids of methylbromine and ethyl bromine including sugar, which increases your risk for cancer. 17) Sport and energy drinks—have a very low pH from the sugar and/or caffeine they contain, increasing your risk for cancer. 18) Black tea—contains tannic acid increasing your risk for cancer. 19) Coffee—has the perfect pH for keeping cancer cells alive. 20) Dehydrated fruit—contains three times the cancer-causing ingredient fructose than fresh fruit. 21) All sugar—dextrose, maltose,

fructose, sucrose, lactose—increase the risk of cancer. 22) All mushrooms—are all poisonous to a lesser or greater degree. They activate the immune system when ingested and increase your risk for cancer. 23) Yeast—yes, even nutritional yeast will increase your risk for cancer. 24) Enzymes—enzyme, another word for acid, increases your risk for stomach and intestinal cancer. 25) Margarine—hidden in all sorts of processed foods, margarine, a hydrogenated trans-fat oil, is something you will want to avoid at all costs for your health. Margarine is highly congestive and will increase your risk for cancer.

PROTEIN MYTH

We are 70% water (similar to our earth) and about 30% matter. Some of us will be a little more or less than 20% fat, that's the average. And the fact that we're only 7% protein should guide our diet—we should only eat a small amount of protein. We don't need as much protein as we are eating. We're 1 to 2% vitamins and minerals, and we are only 1% sugar. This should guide us in how to load our plates, how to approach each meal: 70% of our plate should be covered with high water-content, alkalizing foods. We should be getting our fats about 20% of the diet in the forms of healthy polyunsaturated and monounsaturated fat and only small amounts of protein, which can come even from vegetable sources.

The high-protein diet (protein myth) came from 19th century German research that said that we all needed 120 grams of protein a day. Conventional nutritionists dropped this to 60 to 90 grams a day; and later, sports research in deciphering sports results of faster times in running and swimming and stronger ability to lift more weight dropped the amount we need from 25 grams a day. You only need 7 or 8 grams of protein a day, if that. The body has free amino acids, precursors to complete proteins. When we use the word amino, we are talking about things that build complete proteins. We have a pool or a bank account of these, a constantly changing supply of amino acids derived from body sources and cells that were once organized like red blood cells disorganize themselves to provide [microzyma]

that's the dust we're made of, the intelligence that builds the cell, which then organizes itself into a protein complex.

So you have a bank account or a pool that contributes about 70 grams of protein throughout your body daily. The idea that you have to eat all the essential amino acids simultaneously is erroneous. In reality all you need are the tiny indestructible intelligent beings found in all green foods. Green is king when we're talking about preventing and reversing cancer. Many people believe that their bodies are run and are built on protein.

I'm not saying that spinach is 49% protein (it's about 80% water). I'm saying that 49% of the calories in spinach are derived from protein, broccoli 47%. All these vegetables have significant protein (15% of avocado's calories are derived from protein). Our protein needs can be met from a vegetable-based diet—a cleaner way to get energy.

DAIRY, QUITE CONTRARY

Dairy is a concern. Any good allergist who has a child with chronic ear infections, sinusitis, allergies or any skin rashes will pull grains and dairy foods out of the diet of the child because they know that the bacterial counts in dairy and the amount of lactose, which is a sugar in the dairy foods, can be causing problems. In the case of cancer, dairy could be one of the worse foods to eat because of the fermentation of sugars that Otto Warburg discovered. They are very concentrated foods. Most dairy comes in the form of cottage cheese, string cheese for children, who can become addicted to cheese (elements in cheese are addictive). We're taking the lactose of milk, turning it into hard cheese by taking 10 pounds of milk to make 1 pound of hard cheese. Multiplying the lactose amount by 10 when we eat cheese just increases the sugar levels. It takes 12 pounds of milk to make 1 pound of ice cream, and 21 pounds of milk to make a pound of butter. These are concentrated forms of the sugar lactose—another reason why we would pull this product from the diet of someone with a degenerative disease such as cancer.

If I give a child one glass of milk, I need to pay attention to the chemical ratio that it takes 20 parts alkalinity to neutralize 1 part of

acidity in the blood stream. So, if I were going to have my child drink one glass of milk, it would take 20 glasses of greens or alkaline fluids to balance or to neutralize the effect of one glass of milk.

Since it takes 12 pounds of milk to make 1 pound of ice cream, I have to take my ratio for eating one ice cream cone and times my 20 glasses of greens by 12. It would take 120 glasses of greens to neutralize the effect of 1 ice cream cone—the fermentation that can arise in an imbalanced body. This explains why dairy foods are taken out of the cancer protocol. They are counterproductive to healing.

To keep your body healthy, energetic and preventing serious illness, you need to stop eating dairy. Dairy is one of the major contributors to endocrine breakdown, particularly for women. If you want breast cancer, then eat dairy. You're just about signing up for it. If you want ovarian or uterine cancers, then eat dairy.

Many people are promoting yogurt to bleu cheese to bleu cheese dressing, but all of these are toxic to the human organism. They do not contribute to an alkaline body and it's one of the top 10 foods that we should never ingest.

COFFEE AND CHOCOLATE

We need to expose the relationship of coffee and chocolate to cancer. They are processed the same way, with a fermentation step. In both coffee and chocolate, the use of pesticides is high in conventional cultivation because these beans are grown in the tropics with plenty of moisture. The beans are harvested with a fruit pulp around them. The beans are put into vats where the fruit pulp is smashed and allowed to remain around the beans. The beans then ferment in this fruit juice by a de-pulping process, and then the beans are roasted. The flavor depends on the roasting time and temperature. During the roasting process, the oils of the beans are forced from the inside of the bean to the surface. Tars are formed, which are hard on the liver. These foods inhibit healing for people with cancerous conditions, as they are highly acidic and toxic for the bloodstream.

Coffee enemas? Coffee should *not* be put into any orifice of the body. If you put coffee into the bowel, it will be taken up into the blood— probably the worst thing that you could do. The bowel is an alkaline environment. We don't need to put acid into our bodies, and I don't care if it's coffee or gogi juice. It makes no difference. This stuff destroys the internal environment of the stomach, the small intestine and the bowel. If we're doing enemas or colonics, we need to make sure that whatever we put into our mouth or our bowels has a pH of at least 8, preferably 9.5 (research from Brigham Young University). If you want to keep cells acidic and acidify other cells, coffee is a wonderful food to do that. But there's no place for coffee in any protocol to restore, health, energy and vitality, to help recover from the devastation of fermentation, cancer.

MEAT, CHICKEN, PORK, FISH

We include meats—beef, chicken, pork and even fish now since all of the fish on the planet are contaminated with the waters that they swim (this is why our life-changing, life-saving ideas are not mainstream). With the breakdown of those proteins into nitric, uric, sulphuric acid, you might as well sign up for colon cancer. Few people want to hear this! They want to have their beef and chicken and how does this affect the economy? These are not popular subjects.

SUGAR OR SALT

Sugar is not so sweet for our health. In his famous 1966 lecture, Otto Warburg said: The prime cause of cancer is in the replacement of respiration of oxygen and normal body cells by fermentation of sugar. Normal body cells meet their energy needs by respiration of oxygen; cancer cells meet their energy needs in part by fermentation. All normal body cells are thus aerobes whereas all cancer cells are partial anaerobes. From the standpoint of the physics and chemistry of life, the difference between normal and cancer cells is so great that one can scarcely picture a greater difference.

Oxygen gas, the donor of energy in plants and animals, is dethroned in the cancerous cells and replaced by an energy-yielding reaction of the lowest living forms, namely fermentation of glucose. The cells are using electrical energy, and the glucose is the acid that's being eliminated. We do not run our bodies on sugar—we run our bodies on electrons, and sugar is the acidic waste product of cellular breakdown. This is the reason why blood sugar is increased in Type 1 diabetics. Otto Warburg received the Nobel Prize in 1932 when he discovered that when the pH is off, oxygen falls, cells then change from an aerobic state to an anaerobic environment, giving rise to fermentation or increased acidity. Cancer is nothing more than a result of an acidic environment. Once we get that, then we can deal with it and make better lifestyle and dietary choices.

Be the salt of the earth. Most doctors advise to reduce salt when you have edema and cancer, so what should you do? Salt is the conduit of life. Can you imagine putting the fish in the ocean on a salt-free diet? Without salt, there is no transformation of energy, no production of the alkaline buffer, such as sodium bicarbonate. You have to have sodium chloride. What you don't want is over acid, but you need more salt, particularly the quad salts—the sodium bicarbonate, potassium, magnesium, and calcium bicarbonate. These are things you need to put into your body that will begin this alkalizing process.

Sugar or Energy Craving?

Why does a body crave sugar? The body doesn't actually crave sugar—it craves energy. When you think that you're craving sugar, you're really need salt. You don't get energy from sugar, because sugar is a waste product of cellular breakdown. So if you're craving energy, you have to go to energy foods. What's an energy food? Spinach is an energy food, with or without e-coli on it. Another energy food is the cruciferous vegetable broccoli. Another energy food is the green drink. Another energy food is the natural salts – sodium, calcium, potassium and magnesium. These are the foods your body really craves, but we identify energy with ice cream or cheese. That's not energy—that is just extra hydrogen ions, protons

and acids that pollute our body. And the yeasts crave sugar, so the yeast won't be there if your body is alkaline.

Yeasts don't necessarily crave sugar—they crave energy too; they just put out more sugar. They just put out more waste products of acetyl aldehyde—a breakdown product of the sugar. So where's all the sugar coming from in the banana? If sugar is what we're craving, why does not the sugar disappear when the banana is rotting. Why does it increase? The reason it increases is because as matter deteriorates or degenerates, it produces a waste product called sugar. Sugar is a toxic, poisonous substance.

SUGAR CAUSES CANCER AND LEADS TO SURGERY We've been taught that sugar is a source of energy, and we become addicted to it. But sugar is not a compound for energy—it is an acid from cellular breakdown, a waste product of cellular degeneration. Our sugar cravings are the body crying out for sustainable energy. Energy can only be transferred through a matrix of salt. Therefore, sugar cravings are the need for salt, not sugar, and the foods that release electrical potential that energize the anatomical elements that make up our cells and our bodies. When we move to sugar, we poison ourselves and do not provide the matrix through which energy can be transferred.

Sugar is the primary metabolite of fermentation from cellular transformation. Since ferments are not a source of energy, we're poisoning ourselves. And these sugars can break down to other metabolites, one being vinegar. It's a secondary metabolite. It's called acetyl aldehyde, and the third one is called ethyl alcohol. These neurotoxins lead to brain cancer. Our bodies run on electricity, not sugar, and that electricity is transported through a matrix of salt. When you crave something sweet and go to sugar, you're doing what you've been taught, but it's the last thing that you should do.

Cancer cells uptake the sugar. They live within their own waste products. They float within their own urine. So, when you're getting an MRI, your body is infused with radioactive sugar, and that radioactive sugar is taken up by the cancerous cells.

A craving for sugar is the body's signal that it needs more sustainable energy – food, drink, sun, vitamins, and minerals. Our choices will determine whether we are healthy or sick, and whether or not our cravings will lead to true sustainable energy or false energy. You don't get energy from drinking coffee. All you prove is that you can poison yourself, and the body goes into preservation mode to release stored energy. Sugar will stimulate and give the body a quick fix of energy, whereas salt will give the body the gradual rise in energy that will sustain over time without the high and extreme low that comes from eating sugar or other acidic foods.

When we don't understand these principles, we come up with ridiculous ideas, such as if we have some "familial predisposition" to breast cancer, let's take the breasts off to prevent cancer, how many men would take off their testicles to prevent testicular cancer? I can't imagine a bunch of men lining up for that. This is madness.

Your body craves salt, not sugar. Salt is the element that makes all thought possible. You can't even have an emotion without salt. It makes movement possible. It makes your heart beat. Salt is the foundation for hydration, alkalinity of the extracellular fluids. Salt is the element that provides the matrix from which the endocrine glands communicate. Testosterone and estrogen are waste products of those glands using energy.

You don't need hormones; you need salt. It's the quickest fix to balancing the endocrine system. Without salt, there's no thought, no emotion, no sustainable energy, no organized life. This is why our blood is salted with sodium chloride not sugar. Salt is the savor of our physical bodies. It helps to maintain that alkaline balance which helps to maintain peaceful feelings in our physical body and in our emotional and mental and spiritual body as we provide the foundational alkalinity. The endocrine system supports the energy demands of the body in a flight-or-fight response—and supports the alkaline design of the body to help mediate the fluids of acidosis out through elimination.

The endocrine system is our wireless system that sends information signals to varying parts of the body by a matrix of salt. Hormones are the poisonous acidic waste products of the endocrine glands when consuming energy during glandular communication. No one needs more acidic hormones. We balance the hormones when we provide the elemental energy in those foods that carry electrical energy, and those fluids that carry electrical potential.

Health is energy, and energy is health; and the endocrine system is the body's delivery system and helps to manage that energy system. When it's out of whack, it's because we're moving to choices that create the consequences of an over-acidic body from an over-acidic lifestyle and diet. So we end up with a body that can't circulate properly. We often say, "Well, this is from a yeast infection." There's no such thing as a yeast infection. Yeast is born within us, not from without us. When we see yeast in the blood, this is not some sort of invasion, no more than there is an invasion from a phantom virus. It doesn't come from the outside—it comes from the inside.

Scientific research verifies that pleomorphism is a reality. The yeast is a transformation, much like a caterpillar going to a butterfly. It's one of the culminate forms of biological transformation as the pH begins to drop and our fluids become more acidic. This has to be monitored regularly, but what doctor will do this regularly? We're not looking at the pH. We're not looking at the state, or the congestion, or the quality of the fluids of our bodies and the quality of the cells. We're not measuring the liters of yeast in the bloodstream, and yet they're always present in a condition of imbalance. And so, when we look at the coagulated blood, we see that the blood is over acidic and can't coagulate properly, thanks to physical and emotional stresses. The emotional stresses are evident in one drop of blood. Our treatments—what we eat, what we drink, how we live, how we exercise—make an impact, and it can be verified in the blood.

SKIN PROBLEMS

You will have skin problems when acids disturb the cells as the cells begin to transform and move these acids out through the third

kidney, the skin. As we look at the different stages of acidity that are damaging the epithelial cells, we see stage 0 to stage 1 to stage 2 to stage 3 to stage 4 as this acidity is not contained so it's disturbing more cells. It looks as if its metastasizing, or the tumor is growing, when in reality it's actually encapsulating even more tissue that's being spoiled, since what has not changed is our personal lifestyle and dietary choices.

COFFEE

The United States buys nearly one-half of the world's supply of coffee beans. It is said that a food service operation can stand or fall on its reputation of the coffee it serves. Every mid-morning and mid-afternoon working day millions of office and factory workers abandon jobs for an employer-paid "coffee break."

Over 15 million Americans are coffee addicts, and most of them don't even know it, so insidious is its addictive onslaught. The child or adult may unknowingly ingest several hundred milligrams of caffeine daily. Like narcotics, alcohol, or cigarettes, coffee and caffeinated beverages are addictive, destructive drugs that each year predispose millions of Americans to crippling illnesses and sometimes fatal diseases.

Coffee and black tea are the two most popular beverages in America. Coffee is America's number one addictive drug problem leading to hypertension, hypercholesterolemia, and other heart disease problems.

CAFFEINE WITHDRAWAL

Caffeine withdrawal can occur from missing just one cup of coffee in the morning. Symptoms of caffeine withdrawal are headaches, irritability, inability to work effectively, nervousness, restlessness, and lethargy. A steady user of caffeine may, at times, experience tight headaches in the back of the neck area and be quick to anger or irritation.

CAFFEINE ACTS AS A STIMULANT

Caffeine is a toxic acidic stimulant. This is not natural for the body. It

activates the “fight or flight” response.

It’s important to remember that the caffeine in coffee is a powerful substance. It can stimulate the central nervous system, increase heartbeat and metabolic rate, increase the secretion of stomach sodium bicarbonate, and step up kidney and bladder action. It’s also well known for its annoying ability to affect sleep.

At higher doses, caffeine can cause “coffee nerves”—a wide assortment of symptoms including anxiety, irritability, headaches, light-headedness, nausea, and diarrhea.

Coffee can cause a temporary increase in blood sugar, but it is quickly followed by a decrease, and stimulates the release of adrenaline, which causes body tissues to be broken down into sugar giving rise to high blood sugar associated with diabetes. Too much insulin is produced, and the blood sugar falls to a low level.

CAFFEINE IS AN ACIDIC POISON

Caffeine, which is the main chemical in coffee, is a powerful poison! A drop of caffeine injected into the skin of an animal will produce death within a few minutes. An infinitely small amount injected into the brain will cause convulsions. The amount of caffeine in a cup of coffee is quite small, yet people drink coffee because of the effect of the caffeine, just as people smoke because of the effect of the nicotine. Both are drugs, and both are habit-forming. Both are poisons. And both will eventually kill you by causing heart failure or cancerous conditions.

COFFEE DRINKING AND STOMACH ULCERS

The general public usually associates ulcers and heart trouble with coffee drinking. J.A. Roth and A.C. Ivy, whose experiments on coffee are famous, state this:

“Caffeine produces gastro-duodenal ulcers in animals to whom the drug is given in a beeswax container so that their stomachs are absorbing caffeine continually. Also, caffeine produces very definite changes in the blood vessels of animals, which are similar to changes produced by prolonged resentment hostility and anxiety.”

COFFEE LINKED TO HIP FRACTURES

“People who drink more than two cups of coffee or four cups of black or green tea a day could be increasing their risk of hip fracture in old age, according to a new study.” The study, published in the October issue of the *American Journal of Epidemiology*, is the first to link caffeine consumption with hip fractures that occur in older people whose bones have weakened. A hip fracture often marks an elderly person’s final decline into dependency or death.

Brown University’s Dr. Douglas P. Kiel and his colleagues looked at how much coffee or tea 3170 people reported drinking over 14 years. They then looked to see which ones fractured their hips, a sign that bones had become brittle. They found that heavy caffeine drinkers were 53% more likely to suffer hip fractures.

INFERTILITY

Trying to become pregnant? Stop drinking caffeinated drinks. Among 104 women, those who drank just one cup of caffeinated coffee a day were half as likely to become pregnant during any given menstrual cycle as those who drank less, according to a 1988 study by Allen Wilcox of the National Institute of Environmental Health Sciences.

Most of the studies conducted since then have also found that caffeine impairs fertility, but usually only at three or more cups of regular coffee a day.

But the research is only as good or bad as the women’s memories. For example, scientists at John Hopkins University found that among 2500

women who were trying to become pregnant, consuming more than 300 mg of caffeine a day reduced their chances of succeeding in any given month by 17%. But those results were based on the amount of coffee and soft drinks the women could remember having consumed as many as ten years earlier.

Even so, “it’s probably prudent for women who are trying to become pregnant, and especially for those having trouble, to cut back on

caffeine,” says Mark Klebanoff of the National Institute of Child Health and Human Development in Bethesda, Maryland.

DOES COFFEE CAUSE HEART DISEASE AND CANCER? There is mounting evidence suggesting that if you want to avoid certain heart and cancerous conditions, you are well advised to kick the coffee habit. Consider these examples:

One study revealed that not only was coffee drinking associated with increased risk of bladder cancer, but the drinking of non-diet cola drinks also was linked to this problem.

Coffee drinking increases the risk of birth defects.

Coffee drinking increases blood pressure, increasing the risk of heart disease.

It is commonly thought that the drinking of coffee, soft drinks, and other caffeinated drinks is a minor matter as far as our health is concerned. But is it? We cannot estimate its effect on mind and emotions, discrimination, and judgment. And then there are the harmful effects of the stimulation on the heart and other vital organs. Coffee and other caffeinated beverages are poor substitutes for water. The body needs alkaline fluids, but not stimulating drugs. Giving up the coffee and tea habit is relatively easy to do for most folks—once a commitment has been made. Since caffeine is a less toxic drug than alcohol or street drugs, the majority of coffee and tea drinkers can give up the habit without the sort of difficulties that alcoholics and drug addicts typically experience.

When giving up caffeine, eat and drink only what contributes in some way to good alkaline nutrition for the body. Any food or drink that does not contain alkalizing chlorophyll, oil, water, salts, vitamins, or minerals, should automatically be crossed off the list. While breaking the coffee, tea, cola, energy drink habit, be sure to drink plenty of fresh alkaline green juices and alkaline water at a pH of at least 9.5. Just how widespread is coffee, tea, soda drinking? The average American drinks over twenty-six gallons of coffee, tea and cola drinks per year, but perhaps more germane to the discussion is caffeine itself. Coffee has over three hundred chemicals; caffeine is only one of them.

23 REASONS TO NEVER DRINK COFFEE AGAIN!

1. *Methyl parathion*

This is the most toxic pesticide of all. It is highly toxic to humans, birds, fish, and mammals. It's used to fight leaf miner infestations. Leaf miners are insects that eat at leaves of plants. Despite how dangerous it is, it's still (mis) used in some countries.

2. *Endosulfan*

This pesticide is used against coffee cherry borer, a common coffee-consuming bug. It's doesn't dissolve easily and takes ages to break down in soil and is toxic to most animals. It affects the central nervous system, reproductive organs, kidneys, and liver, and is considered to be worse than the pest itself; it's even been responsible for human death!

3. *Chlorpyrifos*

This is also used against common coffee pests and has been banned in the US for household use because it has caused human death and birth defects. Needless to say, it's quite detrimental to delicate ecosystems.

4. *Triadimefon*

Copper-based fungicide used to against coffee rust. Only slightly toxic to birds, little is known about its effect on humans, but it is suspected that there is potential for reproductive problems with chronic exposure. (Like people who drink coffee every day.) It has been found to induce hyperactivity in rats. The major concern is that long-term use of this and other copper-based fungicides is copper accumulation in soils, such as that found in coffee farms in Kenya and in Costa Rica. Copper toxicity has been found in other crops grown in these soils, and copper impacts other biochemical and biological processes in soil, which will poison people eating these crops not to mention the people who drink coffee.

5. *Caffeine*

One 8-ounce cup of coffee has 95 milligrams of caffeine and a 1-ounce single shot of espresso has 64 milligrams. Consuming too much caffeine can make you restless, anxious, irritable and then

dead. Caffeine is an acid or oxidant poison with a pH of 5.5 and an oxidative reduction pH of over +250 mV. When you drink a cup of coffee the body reacts to the poisons in the coffee and you feel it as adrenalin rush as the body starts releasing alkaline buffers to neutralize the poison or the caffeine acid. It only takes 3 cups of coffee or acid to go into potential caffeine intoxication or 300mg, which can cause a cardiac arrest. One drop of pure caffeine or 2 grams of caffeine powder will kill you instantly.

6. pH

Coffee has a perfect pH for cancerous cells 5.5. Research at the Brigham Young University showed that you could keep cancer cells alive indefinitely in a cup of coffee.

7. Oxidative Reduction Potential or ORP

Coffee is NOT an antioxidant but an oxidant, which activates the alkaline buffering system and depletes your body of alkalizing minerals such as sodium bicarbonate and potassium bicarbonate.

8. Stomach

Because coffee an acid beverage it causes the stomach to produce sodium bicarbonate which increases the hydrochloric acid in the stomach leading to acid reflux, GERD, ulcers and stomach cancer.

9. Damages Cover Cells of the Stomach

Coffee is a hot beverage and any hot beverage will damage the cover cells of the stomach, which cells produce sodium bicarbonate for maintaining the alkaline design of all the body fluids.

10. Stimulate

Coffee is saturated with hydrogen ions or protons and thus steals energy from your body making you more tired after the stimulating effects wear-off. This creates the addiction for more coffee in order to achieve an energy increase or buzz. Continued use of coffee leads to enervation then irritation, then inflammation, then ulceration and finally degeneration or cancer.

11. Cafestol

Coffee increases the level of cholesterol. Why? Because coffee contains an acid substance called cafestol, which triggers the rise of cholesterol levels. The cafestol blocks a receptor in an intestinal pathway crucial for cholesterol regulation, and is the most potent food chemical to do this. Increased amounts of this acid will increase cholesterol for the purpose of buffering and maintaining the alkaline design of the body.

12. Intestinal Villi Damage

Coffee compromises the alkalinity of the small intestine at a pH of 8.4. This causes the intestinal villi to lie down preventing the biological transformation of food or chyme into stem cells, which takes place in the crypts of the intestinal villi. This leads to lowered blood counts, improper blood cell formation and symptoms anemia, pernicious anemia, and hemolytic anemia. Coffee also damages the intestinal villi leading to more serious conditions such as proper bone, muscle and organ regeneration.

13. Cancer

Coffee contains over 1000 chemicals of which only 22 have been studied leaving 978 left to study. All of the chemicals studied to date have been found to be carcinogenic. So next time to pick up that cup of coffee think of it as your cup of cancer.

14. Sugar and Cream

Add the sugar and cream and you just created one toxic and addictive acidic/poisonous beverage.

15. Heart Disease

There is controversial scientific evidence linking coffee consumption to heart diseases. Some studies even state, "consumption is associated with significantly increased risk of cardiovascular disease." These same studies have shown a cholesterol-raising effect in some of the chemical compounds of coffee, such as cafestol, kahweol and plasma homocysteine. This may be of-set by some of the antioxidants, but the overall agreement is that coffee may adversely affect the heart.

16. Blood Vessels

Coffee disturbs the functioning of blood vessels, both in turgidity and tone.

17. Cardiovascular System

Coffee affects our nervous system, heart rhythms and has been consistently linked to irregular heartbeats. It may also adversely affect blood pressure.

18. Osteoporosis

Coffee drinking should be heavily avoided by people at risk, or who have Osteoporosis. Studies show a link between drinking coffee and urinary calcium excretion.

19. Heartburn

Many people report that coffee increases heartburn.

20. Sleep Disturbance

Coffee, particularly in the evening or at night, can lead to sleep disturbance.

21. Dehydration

Drinking coffee depletes water reserves in the body.

22. Addiction

While the FDA recognizes caffeine as “safe,” it is still a drug, as it significantly alters the nervous system, leading to addiction over time.

23. Extreme Withdrawal Symptoms

You may experience withdrawal symptoms when you try to give up coffee. This can lead to headaches, irritability, body aches, and other more extreme symptoms.

Coffee beans are green and alkaline on the tree until they are fermented and spoiled rotten to a brownish black acidic, heart disease causing color.

Chapter 12 Study Links GMO to Cancer

In November 2012, the Journal of Food and Chemical Toxicology published a paper titled Long Term Toxicity of Roundup Herbicide and a Roundup-Tolerant genetically modified maize by Gilles-Eric Seralini and his team of researchers at France's Caen University.

It was a very significant study that made a lot of noise worldwide, the first of its kind under controlled conditions that examined the possible effects of a GMO maize diet treated with Monsanto's Roundup Herbicide.

After the research was completed, it went through rigorous reviews, as well as a four-month review process by scientists and researchers. It was eventually approved and published, only to be retracted by request of the Journal. Although hundreds of scientists around the world condemned the retraction, and the researchers addressed the criticisms, it was to no avail.

There is great news to report however, as this major GMO study has now been republished following its controversial retraction (under strong commercial pressure), with even more up to date information and a response to previous criticisms.

The study has now been published by *Environmental Sciences Europe*.

The chronic toxicity study examined the health impacts on rats of eating commercialized genetically modified (GM) maize, alongside Monsanto's NK603 glyphosate-based herbicide Roundup.

The study found severe liver and kidney damage as well as hormonal disturbances in rats fed with GM maize in conjunction with low levels of Roundup that were below those permitted in most drinking water across Europe. Results also indicated high rates of large tumors and mortality in most treatment groups.

The republished study also has a section describing the lobbying

efforts of GMO crop supporters to force the retraction of the original publication. This is scientific fraud at its best. The authors express how the previous retraction was “a historic example of conflicts of interest in the scientific assessments of products commercialized worldwide.”

“We also show that the decision to retract cannot be rationalized on any discernible scientific or ethical grounds. Censorship of research into health risks undermines the value and the credibility of science, thus, we republish our paper.” – Seralini

“Censorship on research into the risks of a technology so critically entwined with global food safety undermines the value and the credibility of science.”

– Seralini

This study has now successfully passed through multiple rounds of rigorous peer review. Again, the study shows that Roundup-treated GM corn as well as the herbicide used on it increases cancer in rats. There are a number of studies that demonstrate the potential health risks of GM plants, this one in particular drew heavy criticism from industry scientists.

“The major criticisms of the Seralini manuscript were that the proper strain of rats was not used and their numbers were too small. Neither criticism is valid. The strain of rat is that which is required by the FDA for drug toxicology, and the toxic effects were unambiguously significant. In fact, Monsanto published a similar study in the same journal eight years before using the same number and strain of rats. Their study was for 90 days and claimed no harm. In contrast, the Seralini study was for two years and did not see any tumors until after nine months. Therefore, it is clear that the short 90-day feeding paradigm is not sufficiently long to detect the carcinogenic effects of GM products. It takes a long time before low-level exposure to environmental toxins affect health. For example, a recent associated press report documented the dramatic increase in birth defects and cancer in areas of Argentina that have grown GM soy for a decade.

Given these facts, what was the justification of the editorial decision to retract the Seralini Manuscript?”

There is a reason that multiple countries all over the world have been banning GMOs and the pesticides that go with them. More information is emerging everyday from scientists and researchers all over the world that clearly points to the fact that we just don't know enough about GM's to deem them totally safe for human consumption.

“By slipping it into our food without our knowledge, without any indication that there are genetically modified organisms in our food, we are now unwittingly part of a massive experiment. The FDA has said that genetically modified organisms are not much different from regular food, so they'll be treated in the same way. The problem is this, geneticists follow the inheritance of genes, what biotechnology allows us to do is to take this organism, and move it horizontally into a totally unrelated species. Now David Suzuki doesn't normally mate with a carrot and exchange genes, what biotechnology allows us to do is to switch genes from one to the other without regard to the biological constraints. It's very bad science, we assume that the principles governing the inheritance of genes vertically, applies when you move genes laterally or horizontally. There's absolutely no reason to make that conclusion” –Geneticist David Suzuki

1. Multiple Toxins From GMOs Detected In Maternal and Fetal Blood Research from Canada (the first of its kind) has successfully identified the presence of pesticides associated with genetically modified foods in maternal, fetal and non-pregnant women's blood. They also found the presence of Monsanto's Bt toxin. The study was published in the Journal Reproductive Toxicology in 2011.⁽¹⁾

“Given the potential toxicity of these environmental pollutants and the fragility of the fetus, more studies are needed, particularly those using the placental transfer approach. Thus, our present results will provide baseline data for future studies exploring a new area of research relating to nutrition, toxicology and reproduction in women. Today, obstetric-gynecological disorders that are associated with

environmental chemicals are not known. Thus, knowing the actual concentration of genetically modified foods in humans constitutes a cornerstone in the advancement of research in this area.”⁽¹⁾

The study used blood samples from thirty pregnant women and thirty non-pregnant women. The study also pointed out that the fetus is considered to be highly susceptible to the adverse affects of xenobiotics (foreign chemical substance found within an organism that is not naturally produced.) This is why the study emphasizes that knowing more about GMOs is crucial, because environmental agents could disrupt the biological events that are required to ensure normal growth and development.

2. DNA From Genetically Modified Crops Can Be Transferred Into Humans Who Eat Them

In a new study published in the peer-reviewed Public Library of Science (PLOS), researchers emphasize that there is sufficient evidence that meal-derived DNA fragments carry complete genes that can enter into the human circulation system through an unknown mechanism.⁽²⁾

In one of the blood samples the relative concentration of plant DNA is higher than the human DNA. The study was based on the analysis of over 1000 human samples from four independent studies. PLOS is an open access, well-respected peer-reviewed scientific journal that covers primary research from disciplines within science and medicine. It's great to see this study published in it, confirming what many have been suspected for years.

“Our bloodstream is considered to be an environment well separated from the outside world and the digestive tract. According to the standard paradigm large macromolecules consumed with food cannot pass directly to the circulatory system. During digestion proteins and DNA are thought to be degraded into small constituents, amino acids and nucleic acids, respectively, and then absorbed by a complex active process and distributed to various parts of the body through the circulation system. Here, based on the

analysis of over 1000 human samples from four independent studies, we report evidence that meal-derived DNA fragments which are large enough to carry complete genes can avoid degradation and through an unknown mechanism enter the human circulation system. In one of the blood samples the relative concentration of plant DNA is higher than the human DNA. The plant DNA concentration shows a surprisingly precise log-normal distribution in the plasma samples while non-plasma (cord blood) control sample was found to be free of plant DNA.”⁽²⁾

This still doesn't mean that GMOs can enter into our cells, but given the fact GMOs have been linked to cancer (later in this article) it is safe to assume it is indeed a possibility. The bottom line is that we don't know, and this study demonstrates another cause for concern.

3. New Study Links GMOs To Gluten Disorders That Affect 18 Million Americans

The Institute recently released this study for Responsible Technology (IRT), and uses data from the US department of Agriculture, US Environmental Protection Agency, medical journal reviews as well as other independent research. ⁽³⁾⁽⁴⁾ The authors relate GM foods to five conditions that may either trigger or exacerbate gluten-related disorders, including the autoimmune disorder, Celiac Disease:

- 1 Intestinal permeability
- 2 Imbalanced gut bacteria
- 3 Immune activation and allergic response
- 4 Impaired digestion
- 5 Damage to the intestinal wall

The Institute for Responsible technology is a world leader in educating policy makers and the public about GMO foods and crops. The institute reports and investigates on the impact GM foods can have on health, environment, agriculture and more.

4. Study Links Genetically Modified Corn to Rat Tumors

In November 2012, The Journal of Food and Chemical Toxicology published a paper titled 'Long term toxicity of a Roundup herbicide and a Roundup-tolerant genetically modified maize' by

Gilles-Eric Seralini and his team of researchers at France's Caen University. ⁽⁵⁾

It was a very significant study, which obviously looks bad for the big bio tech companies like Monsanto, being the first and only long-term study under controlled conditions examining the possible effects of a diet of GMO maize treated with Monsanto roundup herbicide.

This study has since been retracted, which is odd, because the journal it was published in is a very well known, reputable peer-reviewed scientific journal. In order for a study to be published here it has to go through a rigorous review process.

It's also important to note that hundreds of scientists from around the world have condemned the retraction of the study. Experts did this study, and a correlation between GMOs and these tumors can't be denied, something happened.

The multiple criticisms of the study have also been answered by the team of researchers that conducted the study.

GM Crop Production is Lowering US Yields and Increasing Pesticide Use

5. Glyphosate Induces Human Breast Cancer Cells Growth via Estrogen Receptors

A study is published in the US National Library of Medicine ⁽⁴⁾ and will soon be published in the journal Food and Chemical Toxicology. Several recent studies showed glyphosate's potential to be an endocrine disruptor. Endocrine disruptors are chemicals that can interfere with the hormone system in mammals. These disruptors can cause developmental disorders, birth defects and cancer tumors. ⁽⁶⁾

Glyphosate exerted proliferative effects only in human hormone-dependent breast cancer. We found that glyphosate exhibited a weaker estrogenic activity than estradiol. Furthermore, this study demonstrated the additive estrogenic effects of glyphosate and

genisein, which implied that the use of contaminated soybean products as dietary supplements may pose a risk of breast cancer because of their potential additive estrogenicity.⁽⁶⁾

Researchers also determined that Monsanto's roundup is considered an "xenoestrogen," which is a foreign estrogen that mimics real estrogen in our bodies. This can cause a number of problems that include an increased risk of various cancers, early onset of puberty, thyroid issues, infertility and more.

6. Glyphosate Linked To Birth Defects

A group of scientists put together a comprehensive review of existing data that shows how European regulators have known that Monsanto's glyphosate causes a number of birth malformations since at least 2002. Regulators misled the public about glyphosate's safety, and in Germany the Federal Office for Consumer Protection and Food Safety told the European Commission that there was no evidence to suggest that glyphosate causes birth defects.⁽⁷⁾

Our examination of the evidence leads us to the conclusion that the current approval of glyphosate and Roundup is deeply flawed and unreliable. In this report, we examine the industry studies and regulatory documents that led to the approval of glyphosate. We show that industry and regulators knew as long ago as the 1980s and 1990s that glyphosate causes malformation – but that this information was not made public. We demonstrate how EU regulators reasoned their way from clear evidence of glyphosate's teratogenicity in industry's own studies to a conclusion that minimized these findings in the EU Commission's final review report.⁽⁷⁾

Here is a summary of the report:

4 Multiple peer-reviewed scientific literature documenting serious health hazards posed by glyphosate

5 Industry (including Monsanto) has known since the 1980's that glyphosate causes malformations in experimental animals at high doses

6 Industry has known since 1993 that these effects could also occur

at lower and mid doses

7 The German government has known since at least 1998 that glyphosate causes malformations

8 The EU Commission's expert scientific review panel knew in 1999 that glyphosate causes malformations

9 The EU Commission has known since 2002 that glyphosate causes malformations. This was the year DG SANCO division published its final review report, laying out the basis for the current approval of glyphosate

Another study published by the American Chemical Society, from the university of Buenos Aires, Argentina also showed that Glyphosate could cause abnormalities.⁽⁸⁾

The direct effect of glyphosate on early mechanisms of morphogenesis in vertebrate embryos opens concerns about the clinical findings from human offspring in populations exposed to glyphosate in agricultural fields ⁽⁸⁾

7. Study Links Glyphosate To Autism, Parkinson's and Alzheimer's

When you ingest Glyphosate, you are in essence altering the chemistry of your body. It's completely unnatural and the body doesn't resonate with it. P450 (CYP) is the gene pathway disrupted when the body takes in Glyphosate. P450 creates enzymes that assist with the formation of molecules in cells, as well as breaking them down. CYP enzymes are abundant and have many important functions. They are responsible for detoxifying xenobiotics from the body, things like the various chemicals found in pesticides, drugs and carcinogens. Glyphosate inhibits the CYP enzymes. The CYP pathway is critical for normal, natural functioning of multiple biological systems within our bodies. Because humans that have been exposed to glyphosate have a drop in amino acid tryptophan levels, they do not have the necessary active signaling of the neurotransmitter serotonin, which is associated with weight gain, depression and Alzheimer's disease. ⁽⁹⁾

8. Chronically Ill Humans Have Higher Glyphosate Levels Than Healthy Humans

A new study out of Germany concludes that Glyphosate residue

could reach humans and animals through feed and can be excreted in urine. It outlines how presence of glyphosate in urine and its accumulation in animal tissues is alarming even at low concentrations. ⁽¹⁰⁾

To this day, Monsanto continues to advertise its Roundup products as environmentally friendly and claims that neither animals nor humans are affected by this toxin. Environmentalists, veterinarians, medical doctors and scientists however, have raised increasing alarms about the danger of glyphosate in the animal and human food chain as well as the environment. The fact that glyphosate has been found in animals and humans is of great concern. In search for the causes of serious diseases amongst entire herds of animals in northern Germany, especially cattle, glyphosate has repeatedly been detected in the urine, feces, milk and feed of the animals. Even more alarming, glyphosate was detected in the urine of the farmers.⁽¹⁰⁾

9. Studies Link GMO Animal Feed to Severe Stomach Inflammation and Enlarged Uteri in Pigs

A study by scientist Judy Carman, PhD that was recently published in the peer-reviewed journal Organic Systems outlines the effects of a diet mixed with GMO feed for pigs, and how it is a cause for concern when it comes to health.⁽¹¹⁾ Scientists randomized and fed isowean pigs either a mixed GM soy and GM corn (maize) diet for approximately 23 weeks (nothing out of the ordinary for most pigs in the United States), which is unfortunately the normal lifespan of a commercial pig from weaning to slaughter. Equal numbers of male and female pigs were present in each group. The GM diet was associated with gastric and uterine differences in pigs. GM pigs had uteri that were 25% heavier than non-GM fed pigs. GM-fed pigs had a higher rate of severe stomach inflammation with a rate of 32% compared to 12.5% of non-GM fed pigs.

The study concluded that pigs fed a GMO diet exhibited a heavier uteri and a higher rate of severe stomach inflammation than pigs that weren't fed a GMO diet. Because the use of GMO feed for livestock and humans is so widespread, this is definitely another cause for

concern when it comes to GMO consumption. Humans have a similar gastrointestinal tract to pigs, and these GM crops are consumed widely by people, especially in the United States.

10. GMO risk assessment is based on very little scientific evidence in the sense that the testing methods recommended are not adequate to ensure safety. ⁽¹²⁾

⁽¹³⁾⁽¹⁴⁾

Deficiencies have been revealed numerous times with regards to testing GM foods.

The first guidelines were originally designed to regulate the introduction of GM microbes and plants into the environment with no attention being paid to food safety concerns. However, they have been widely cited as adding authoritative scientific support to food safety assessment. Additionally, the Statement of Policy released by the Food and Drug Administration of the United States, presumptively recognizing the GM foods as GRAS (generally recognized as safe), was prepared while there were critical guidelines prepared by the International Life Sciences Institute Europe and FAO/WHO recommend that safety evaluation should be based on the concept of substantial equivalence, considering parameters such as molecular characterization, phenotypic characteristics, key nutrients, toxicants and allergens. Since 2003, official standards for food safety assessment have been published by the Codex Alimentarius Commission of FAO/WHO. Published reviews with around 25 peer-reviewed studies have found that despite the guidelines, the risk assessment of GM foods has not followed a defined prototype.^{(12) (15)}

“The risk assessment of genetically modified (GM) crops for human nutrition and health has not been systematic. Evaluations for each GM crop or trait have been conducted using different feeding periods, animal models and parameters. The most common results are that GM and conventional sources include similar nutritional performance and growth in animals. However, adverse microscopic and molecular effects of some GM foods in different organs or tissues have been reported. While there are currently no

standardized methods to evaluate the safety of GM foods, attempts towards harmonization are on the way. More scientific effort is necessary in order to build confidence in the evaluation and acceptance of GM foods.” (12) (15)

The Russian government has ordered all relevant agencies to examine whether or not to continue imports of genetically modified organisms (GMOs) into the country.

http://www.naturalnews.com/042325_GMO_ban_Russia_genetically_modified_crops.html

MILLIONS FALSELY TREATED FOR CANCER SAYS NATIONAL CANCER INSTITUTE REPORT

December 11, 2013 by Ethan Huff

A significant number of people who have undergone treatment for cancer over the past several decades may not have ever actually had the disease, admits a new report commissioned by the U.S. National Cancer Institute (NCI). Published online in the Journal of the American Medical Association (JAMA), this government study identifies both over diagnosis and misdiagnosis of cancer as two major causes of the growing cancer epidemic. These two together have led to millions being falsely treated for cancer with surgery, radiation and chemotherapy, who, in reality, had no such cancer.

The report drops a few major bombshells on the way that many cancers are diagnosed. For example, breast cancer, is sometimes not breast cancer at all but rather a benign condition such as ductal carcinoma in situ (DCIS). However, untold millions of women with DCIS have been misdiagnosed as having breast cancer, and subsequently treated for a condition that likely never would have caused them any health problems. And similarly in men, high-grade prostatic intraepithelial neoplasia (HGPIN), a type of premalignant precursor to cancer, is commonly mistreated as if it were actual cancer.

“The practice of oncology in the United States is in need of a host of reforms and initiatives to mitigate the problem of over diagnosis and

overtreatment of cancer, according to a working group sanctioned by the National Cancer Institute,” explains Medscape.com about the study. “Perhaps most dramatically, the group says that a number of premalignant conditions, including ductal carcinoma in situ and high-grade prostatic intraepithelial neoplasia, should no longer be called ‘cancer’.” Conventional cancer treatments once again shown to be a leading cause of cancer

These are shocking admissions, considering that NCI is a government-funded agency that tends to favor the conventional cancer diagnosis and treatment model, even though it has been shown to be a failure. But even worse is the inference that untold millions of healthy people have been treated with poison and radiation for conditions they never even had, which likely caused many of them to develop real cancer and even die as a result.

As it turns out, the entire concept of “early diagnosis” itself is fundamentally flawed, since many of the methods used to diagnose fail to differentiate between benign and malignant cancer cells. This means that many people who are falsely diagnosed with cancer will end up developing cancer anyway, as a result of getting treatment for cancers they did not have, a phenomenon that proves the absurdity of the entire model. “Even in the case of finding the tumor early enough to contain it through surgery, chemotherapy and/or radiation, it is well-known that the minority subpopulation of cancer stem cells within these tumors will be enriched and therefore made more malignant through conventional treatment,” explains Sayer Ji for GreenMedInfo.com.

“For instance, radiotherapy radiation wavelengths were only recently found by UCLA Jonnsson Comprehensive Cancer Center researchers to transform breast cancer cells into highly malignant cancer stem-cell like cells, with 30 times higher malignancy post-treatment.”

Cancer is really the body’s attempt to survive, not an outside attack. In Ji’s view, the underlying issue is that the conventional cancer model erroneously views cancer as some kind of outside attack on

the body that must be aggressively fought with rigorous treatment, rather than the survival mechanism that it actually is. When the body is perpetually deficient in nutrients, for instance, or when it becomes overburdened by radiation, carcinogens and other toxins from the environment and food, cancer can develop as a response to this harmful onslaught. “Our entire world view of cancer needs to shift from an enemy that ‘attacks’ us and that we must wage war against, to something our body does, presumably to survive an increasingly inhospitable, nutrient-deprived, carcinogen- and radiation-saturated environment,” adds Ji. Cancer Preventing Foods 111

***Chapter 13* Cancer Preventing Foods What to eat: Raw, Alkaline and COWS.**

The 700-page report, A Global Perspective, by Food Nutrition and Prevention of Cancer, shows us the foods that will prevent cancer. Notice that vegetables in all categories will actually prevent cancers. Fruits and vegetables are the strongest, particularly in lung, stomach, pancreatic, colon, rectal, bladder and breast cancers.

When we’re in a cancerous condition, what foods can we eat? All green leafy vegetables are high in calcium and B vitamins. Stick to the high-fiber foods, high natural sodium content, foods like celery, broccoli, any of the grasses or greens in powdered form. Drink those in alkaline water. Even foods like artichokes are permissible on the alkalizing regime. Vegetables will prevent brain degeneration where fruits will not.

When we talk about the types of foods we should be eating, we suggest moving to green foods and green drinks. And the question comes up, “Do you want us to eat grass all day long? No. That’s why we’ve created books with 1,000 recipes on how to live an alkalarian type lifestyle.

WHAT CAN I EAT?

Shelley: For as long as I can remember, people have talked about losing weight, especially women. When I was young, my mother was

on this diet. She ate tuna fish every day and drank the new one-calorie drinks. When I attended high school, many girls were trying to lose weight for the prom, a dance concert, or to fit in smaller size jeans. A few of my friends started taking this weight loss idea to dangerous extremes with bulimic and anorexic behavior. One of them did this for so long that her intestinal tract dried up and no longer functioned well. Weighing 83 pounds, she finally had to have an operation to remove large parts of her intestine and required a colostomy bag for the rest of her life! All of this so she could remain the skinniest cheerleader!

We appear to be confused and sometimes reckless in searching for some magic bullet or potion (the phen-phen fiasco) for reaching our ideal weight. The multi-billion dollar diet industry keeps offering new methods, diets, and programs—all making claims for results. However, obesity continues to be an epidemic for adults, and for children.

The solution will never be found in one little pill or bottle. We also need to focus on obesity prevention for the emotional health of our youth and for their physical well being, since many diseases like diabetes and heart disease accompany obesity.

Women are under extreme pressure to remain sleek and ideal. Super models and movie idols are almost always close to the physical ideal that most women covet. This is first brought to our attention as young females when we notice magazine covers in the checkout stand of the grocery store. Most of them portray beautiful, slim, fit women in desirable fashions. From a young age, we develop a belief that if we can attain this look, we will be desirable, successful, and fulfilled.

Diet and exercise equipment ads remind us women that we need our thighs trimmed and shaped, our bellies blasted, and our buttocks busted! Goals are set for women to remain in single-digit dress sizes. Everywhere women are given a message that less is more when it comes to an ideal weight—and all with an attached sideline that we should remain toned, curvy and sexy. Now that's pressure!

Some women choose to starve themselves thin or over-exercise until they have run every last calorie out of their systems. Eating disorders are much higher in women than men, as are appointments for liposuction, the quick fix for unwanted extra fat baggage.

Women will do almost anything to remain slim and attractive. In some cases, it has cost them their health—or life. In these scenarios, food becomes a villain or a substance to fear rather than the safe friendly fuel on which we should fill up on to nourish ourselves and to provide the best source of energy. When a man or woman is overweight, it is not a fat problem but rather an acid problem. She is over-ACIDIC. This was again confirmed to us as we heard from a plastic surgeon, who had read our book and decided to send samples of fat to the lab to see for herself if what we were saying was true. She wrote: “You are exactly right—fat is full of acid!”

In *The pH Miracle*, Dr. Young states that fat is created to bind acidity in the body and to store it away from the internal vital organs and delicate systems of the body. We believe that when we gain weight as extra body fat, the body goes into a self-preservation mode to protect life.” So, in reality, fat could be saving your life! We should be thankful for this protective response, but in understanding its purpose and how and why fat is developed, we also have the option to change the way we live, eat, and think. In so doing, we no longer need to experience this fat-storing body mechanism and reaction.

This is when alkalizing the diet makes perfect sense. Not understanding that an acid diet means fat development explains why so many women yo-yo with their weight when they hop from dieting to not dieting. It becomes a vicious cyclical imbalance. We teach women that food can be user-friendly. By understanding the chemistry behind the digestive process, they can find a sure way to remain at their ideal weight in life. And, they can experience the best of health. One is a by-product of the other.

Ideal weight can be the by-product of understanding digestion. Our bloodstream is set at an alkaline count of 7.365. The pH scale goes from 1 to 14 with 7 being neutral. Anything below 7 is acidic;

anything above is base or alkaline. Our blood, like our body temperature, is set at a specific number. If it varies from that, we experience problems just as we do if our temperature varies from 98.6. Because of this, the body will go to great lengths to maintain its slightly alkaline fluid environment. If the body or tissues becomes too acidic, the body will tap into alkalizing buffering reserves to neutralize acidity and maintain its delicate balance of 7.365. Some of those alkalizing buffering activities would include taking calcium from bones and magnesium from muscles.

Perhaps this is why osteoporosis and flabby muscles set in as we age. Maybe our diets have been too acidic! We need to understand the ratio of acidity to alkalinity in the body. It takes 20 parts alkalinity to neutralize one part of acidity. This one fact makes the investigation of an alkalizing diet even more key to maintaining ideal weight and health.

Which foods are acidic? Which foods are alkaline, or alkalizing? As we make the alkalizing foods in our diet more delicious and plentiful, we find the ultimate solution to the weight problem. We know this to be true from our studying, living and experiences over the last 15 years— and from talking and working with thousands of people.

DIGESTION AND FOOD

All food that is digested in our bodies metabolizes down to an ash residue, which can be neutral, acid, or alkaline. The cells of our body are bathed in an alkaline fluid. Over-acidification of body fluids and tissues signals a state of imbalance, opening the door to sickness and disease— and extra fat. Further, an overly alkaline blood pH signals a generally over-acidic condition as the blood pulls in alkaline salts to neutralize the acidity. Foods which create an acid residue are coffee, black teas, soft drinks, meats and other flesh proteins, eggs, dairy products, yeasty bread and yeast products, fermented foods like soy sauce, miso, tempeh, vinegar, alcohol, sugar and high-sugar fruits.

Sugars—white sugar, brown sugar, maple syrup, high fructose corn syrup, high-sugar fruits and fruit juices and even high-sugar

vegetable juices like carrot and beet juice—contribute to excess fermentation in the blood. This creates excess acidity in our body fluids. This triggers one body response (from among many), which creates fat in order to bind (or to hold) the acidity. It then stores it under the skin of our stomachs, thighs, buttocks, arms, and chin in order to keep it from harming our vital organs.

Acids, as their names imply, burn or erode. So, creating fat is a life-saving occurrence. We should be thankful for it, but we don't need to become a slave to it if we understand why it happens. Once we begin to adopt a new way of eating, living, and thinking, we can require less self-preservation-mode reactions in our bodies (like creating fat), and we can have much leaner, more energetic bodies.

If we can find delicious foods and drinks that will not require this fat triggering reaction, we should be able to freely consume food and drink that will satisfy us, nourish us, and help us maintain our natural alkaline environment. This will also serve to deposit many essential alkalizing minerals into our bodies that will keep us strong and healthy.

This would also be the best way to prevent premature aging. Alkalizing our diets would be the best way to maintain our ideal weight all our life! This makes our choices easy. We can choose from a plethora of delicious, energy enriching alkaline foods and make sure that they take up about 70 to 80% of our plates. In turn, our bodies will easily digest and maintain homeostasis or balance. At last! No more fad or extreme diets, but rather an alkalizing lifestyle that includes hydrating, easy-to-digest foods and drinks, along with other healthy habits like plenty of fresh air, sunshine and proper exercise.

The body has incredible capacity to heal and function properly for many years if given the right fuel that is life generating. This is why we must look for those foods that are most molecularly supportive for maintaining our inherent alkalinity. Once we become balanced, are down to our ideal weight, or symptom free (over acidity causes many other symptoms besides extra fat on the body), then high sugar fruits

can be eaten occasionally for cleansing purposes. In an out-of-balance body, they contribute to additional fermentation and stress on the body.

SO, WHAT CAN I EAT?

Note that the list of acidic foods is a familiar list of most common everyday foods ingested by most people. It's interesting that the incidence of disease is rising in people worldwide. Cancer is up, diabetes is in epidemic proportions, and inflammatory conditions are prevalent in our fastpaced modern societies. CFS (chronic fatigue syndrome), AIDS, lupus, and arthritis are plaguing more women. Even mental disorders are on the rise. Depression, ADD, ADHD, and anxiety disorders are common in families.

The journey we must all take is to find alkalizing foods and drinks and replace our acidic choices with healthier ones. We don't have to sacrifice taste, texture or calories—just give up some known toxic substances that cause us to rot from the inside out.

Once the body reaches a state of balance, it will find its ideal weight effortlessly. Losing weight has never been so easy. Many women who take this first step to drink and eat more alkalizing foods notice an initial drop in body weight or water weight. Again, this happens because the body no longer needs to retain fluids to dilute the acidity present in the blood and tissues. Alkalizing foods that create an alkaline residue include vegetables and greens of all kinds such as spinach, cucumber, lettuce, grasses, celery, broccoli, soaked and sprouted seeds, nuts, and grains and low-sugar fruits such as avocado, lemon, lime tomato, and bell peppers. Raw foods are more alkalizing while cooked foods are acidifying. Could that mean we need to cook less? How convenient!

To maintain a balanced and alkalized pH in blood and tissues, the diet should contain 70 to 80 percent alkalizing foods, 20 to 30 percent cooked or acidifying foods. Since our bodies are like the earth—70 percent water and 30 percent mass (20fl fat, 7fl protein, 2 fl vitamin and mineral, and 1fl sugar)—it makes sense to keep our

meals based in high-water content foods that are alkalizing to the blood and tissues.

PROTEIN AND CALCIUM

Protein and calcium need not come from meat and dairy products to be complete. Women live in fear that their bones will turn soft if they don't get enough calcium and protein in their diets, but once the bone leaching reaction is understood as one of the ways that the body continually tries to neutralize acidity in the body (calcium is a main alkalizing buffer or neutralizer in the body), women can understand that they don't need to lose bone mass when their diets are high in green foods containing the chlorophyll molecule. All leafy greens are inherently high in calcium, magnesium and many B-vitamins, which are so important to good central nervous system health.

Osteoporosis is also on the rise in women. I believe that this reaction is caused by too much protein or acid-causing food and drink in the diet. Even Dr. Atkins advised strongly that a calcium supplement needed to be taken if someone went on his diet. He knew the leaching affect his diet had on the bones. When I lecture to women, I put it very simply: Where does the cow get her protein and calcium? It's from grasses and grazing which are the precursors to complete proteins found in all green foods.

I just had a full bone scan that showed only a 4% decrease in bone mass; in other words, I have the bones of a 30 year old (I am 53 years old). I'll take it! Thus, the issue is not always where we get our protein and calcium needs met. The issue is how well our bodies will assimilate and absorb those elements and what are the best sources for protein and calcium that we can find.

Good sources of protein include tofu, lentils, navy beans, and almonds. Almonds are a great alkalarian snack. The reason we promote almonds in the diet are 1) they are high in calcium; white foods in nature can be a signature that they are good for the white areas of the body—the bones and teeth. They have two alkalizing buffers – calcium and magnesium, and they are also high in oleic

and polyunsaturated fats, which protect the arteries and reduce high cholesterol. Almonds are our top choice in a snack for a nut. We're taking those and dipping them into the new liquid salt that we developed with minerals. We're soaking the almonds overnight, then dipping them into a bath of the liquid salt and then putting them on hydrator trays to dehydrate them for two days until they become snack crisp. This is a great snack that adds saline salt to the blood and also alkalizing buffers. If we take sunflower seeds – 17fl of those calories are protein derived. If we sprout those sunflower seeds, we can see that we double our protein caloric content. Anytime we can take a nut or seed or legume and sprout it into a plant that has chlorophyll, we're increasing the protein content.

Sprouts are alkaline-producing, life-generating, high-energy foods. They're high in chelated minerals, vitamins, RNA, DNA, and B12. If any of you are having any concerns about cutting down your protein because of B12, you can be assured that any sprout or any grass, any of your greens are inherent with B12. In sprouts, there are plant hormones that are activated. We take a legume and sprout it, take the starch out of the legume and change it to an easily assimilated vegetable sugar, proteins are predigested into pre-amino acids and fats are broken down into soluble fatty acids. Also, vitamin and mineral content increase significantly and impressively. You can see that the B vitamins once we sprout a bean or legume will increase by the hundreds of percentiles, especially B2, increases by 1300fl, also biotin and folic acid. It's good to do your own sprouting. We have a little gizmo called the Easy Sprouter that we sell from the pH Miracle Center that can result in effortless sprouting. You don't even have to rinse your sprouts.

For more information on the Protein/ Calcium myth, see The pH Miracle or Back to the House of Health

HOW DO I MAKE THIS WORK?

A good place to start is to load up the greens on your plate. Mom always told you to eat them, and she was right! Increase the leafy greens in your diet and decrease the acidifying foods. There are great replacements for vinegars and other fermented substances

that greatly acidify your system. Lemon juice is one such replacement. Although the pH test of lemon shows acidity outside the body, because of its low sugar content and the bicarbonates that it pulls into the blood during digestion, it leaves an alkaline ash as a residue. Once you know how to work with your new condiment friends, you can give up the old acidifying standards that are keeping the weight on you.

Realize that the chlorophyll molecule is almost identical to your own blood hemoglobin. Choosing more foods that closely resemble your blood's molecular structure will result in food that is more supportive inside your body (because they build good blood) and take less effort to digest. So, switch the proportions that foods take up on your plate. Have a huge salad with avocado and good Olive Oil or Flax seed oil and just have a single side serving of pasta or grain, or fish. Switch your rice side dish to raw steamed buckwheat, which is a high protein seed, not a starchy grain.

Also, start hydrating the rivers and streams of your body by drinking more alkalizing drinks. Many great green drinks are available, but the most alkalizing ones are those with a variety of grasses and green leafy vegetables. These regenerative foods give the best fuel and keep the weight off because there is no need to bind and hold acidity.

Drink plenty of pure, structured water that adds to the alkalinity in your system and watch the pounds melt off you. It's all a matter of finding great alkalizing recipes and knowing how to order from a restaurant menu to achieve the most alkalizing result.

Once your taste buds have adjusted to the more humble, subtle sweetness of raw foods, you won't consider this lifestyle as one of deprivation, but as a gift you give yourself with the best payback—vitality, great health, and your ideal weight for a lifetime! Can eating FAT be healthy? Can it help me lose weight?

Another misconception in the field is a fat phobia. It stems from the nofat and low-fat marketing propaganda—an attempt to convince women that they should eat no fat whatsoever. This deception was

presented as if you don't eat fat, you won't get fat. This notion reveals how little many health professionals know about diet and nutrition. This silly fad didn't last long because women then ate more sugars and carbs and ended up gaining more weight than ever! Different fats play essential roles in our bodies. Essential fats (as their name implies) are vital for good health and even help us drop extra (acidic) body fat when we are eating an alkalarian diet and our health is in a state of balance.

The body's blood cells are all equipped with a bio-lipid membrane (lipid means fat). The brain is approximately 90fl fat. Fats also need to be present in the system for normal healthy hormonal production and development. Healthy fats in the diet could only help us maintain our ideal weight as women.

ADVOCATE AVOCADOS

Some women start crying when they realize that they can eat avocados again! Most women believed that avocados were too high in fat and that they would gain weight from eating them. But avocados are one of the most perfect foods on the planet, being rich in nutrients, minerals like copper and iron, with more potassium and less sugar than a banana, with vitamins A, B complex, C, E, H, K and folic acid. Avocados provide all of the essential amino acids, more protein than cow's milk, and Omega 3 and 6. The avocado ranks as the most easily digested rich source of fats and proteins in a whole food. About 63 fl of the fat contained in avocado is monounsaturated, and only 17 fl is saturated fat. The 17fl is medium-chained fats that help reduce yeast and bacteria in the body, which creates less sugar cravings and thus less acidity to make us sick, tired and fat.

In addition, both types of fat serve as good energy sources in the body once we convert to fat as the source of our fuel rather than sugars, carbs, and high levels of protein, which are more stressful on the body and leave acidic residues. The rest of the fat found in an avocado—about 20fl —is polyunsaturated and serves in cellular

construction of the cell's membrane. No wonder I call avocados God's butter!

Every morning for breakfast, Dr. Young and I have a shake with cucumber, spinach, a whole avocado, soy sprouts, lime and some ice in it. I add a little salt or stevia and mint and have a smooth, minty, rich, creamy, wonderful shake. I also sprinkle a little raw, unsweetened coconut on top. That keeps me going strong for many hours. It's the best blood purifier, bone builder, energy packed, alkalizing, fortified breakfast on the planet! Try it! Even my handsome son-in-law loves these shakes. For children, we pour them into Popsicle molds and they love them as a healthy snack.

Fats are also a better fuel for energy production in the body. If a woman is getting most of her energy-burning calories from sugars and complex carbohydrates, the by-products, through fermentation, can leave heavy amounts of ethanol alcohol, lactic and other acids as residues that the lymphatic system must deal with. This can act as a trigger for the body to bind this acid with fat and pack it on women.

However, a body that has essential fats coming from good sources (flaxseed oil, olive oil, marine fish oils, Udo's oil, avocados, raw nuts and seeds), and that provides balanced omegas and rich oils like lauric oil found in pure coconut oil, will ultimately use the fats for energy burning, anti-bacterial aids, and neutralizing acids. This, in turn, will never put on extra unnecessary weight. Fats also burn more slowly than carbohydrates in the body and will keep us satisfied for a longer period of time. They are wonderful for our skin too. Dr. Young has found that diabetics who place more essential fats in their diets will ultimately heal better and have a diminished need for insulin.

This is the New Biology: the proof isn't in the pudding—it's in the parsley. The time has come for women to assume responsibility for their health emotionally, spiritually, and physically. With the surge of interest in holistic approaches, it's an exciting time to be alive and share the information about New Biology with women.

The good thing is that it's simple, affordable and available to all. That's how healing should be. We need to return to Mother Nature's diet from our Creator's Garden. Those are the foods (and as Hippocrates said, our medicines) that were designed with our needs in mind and that were here before any of us arrived! Being aware of our unique chemistry and engineering will intuitively help all of us to heal ourselves and those we nurture as mothers, wives, sisters, daughters and friends. The concept of balancing our body's blood and tissues to achieve our ideal weight makes perfect sense to me and the thousands of women who have put it to the test and found that it works! Many women have thanked me for enlightening them with this lasting, pro-active alkalizing lifestyle. Not only will it ensure their ideal weight, but it also affords them the best vitality and longevity imaginable. You will never have to change the program again. As we all know, Mother Nature knows best! But then, we all knew that right! We're women!

BLACK CUMIN SEEDS

Black cumin seed oil inhibits cancer cell activity and can even kill some types of cancer cells. Scientific research has shown that black seed oil (*Nigella sativa*) is an effective treatment for cancer in animal studies, and can be as effective as anti-cancer drugs for some types of cancer. Black cumin seed oil and its extract thymoquinone have powerful benefits for various inflammatory diseases including liver cancer, melanoma skin cancer, pancreatic cancer, cervical cancer, breast cancer, bone cancer, stomach cancer, lymphoma, prostate cancer, colon cancer, and brain cancer. [1]

Despite several decades of very positive research on using black seed oil against cancer, researchers have rarely advanced their work into human clinical testing, even though the benefits are strong and the risks of negative side effects are extremely small. [2]

As you will learn from the research findings that I will discuss, the use of black seed oil for cancer prevention and treatment has proven to be a powerful strategy for many forms of cancer. Yet black cumin seed oil still has not been recognized as beneficial by mainstream medicine. I will examine some of the political pressures that might be

holding back clinical research with human cancer patients, and will consider why drug companies may wish to suppress the use of black seed oil.

BLACK SEEDS HAVE BEEN USED TO TREAT CANCER FOR THOUSANDS OF YEARS

In two separate 2011 studies, Chinese researchers [3] and Saudi Arabian researchers [4] reviewed the scientific literature for the use of black seed oil (also called black cumin seed or *Nigella sativa*), with cancer. They reconfirmed the anti-cancer property of this safe and natural seed oil. They noted that black seed oil has been used as a traditional medicine for centuries. The oil and the extracted component called thymoquinone are both effective against many diseases such as cancer, cardiovascular complications, diabetes, asthma, kidney disease, etc. It is a safe and effective agent against cancer in the blood system, lungs, kidneys, liver, prostate, breast, cervix, and skin.

These researchers noted that the molecular mechanisms behind its anti-cancer role are still not clearly understood. However, some studies showed that thymoquinone plays an antioxidant role and improves the body's defense system. Black seed oil induces apoptosis, which means that it helps the body to systematically eliminate old cells, unneeded cells, and unhealthy cells (such as cancer cells) without releasing toxins into the body. It also controls the Akt pathway, which means it controls the process that manages cell survival for both normal and cancer cells. Although the anti-cancer activity of *Nigella sativa* was recognized thousands of years ago, it was not until the past two or three decades that modern scientific research has been undertaken to study this important traditional medicine.

BLACK SEEDS AND HONEY WORK TOGETHER – FOLK MEDICINE IS CORRECT

Egyptian researchers studied the protective effect of bee honey and *Nigella* grains on the oxidative stress and the cancer that was created by exposing rats to a strong carcinogen. After the four groups of rats were exposed to the carcinogen, some groups were

fed black seeds or honey, and one group was fed both black seeds and honey. The rats were evaluated after 6 months. The rats that ate black seeds received an 80% protection against oxidative stress and cancer formation.

Whereas the rats that ate a daily dose of both honey and black seeds were protected 100% against oxidative stress, inflammatory responses, and cancer formation.

BLACK SEED OIL IS AN IMPORTANT AID TO RADIATION TREATMENTS

In a 2014 study, Turkish researchers reported how black seed oil could potentially be helpful to people receiving radiation treatment for cancer. They indicated that many cancer patients treated with radiation therapy suffer severe side effects during and after their treatment. This study investigated the effects of irradiation and the addition of black seed oil on the oxidant/antioxidant system in the liver tissue of irradiated rats. They exposed some of the rats to a single dose of gamma radiation. One group of rats received one gram of black seed oil per kilogram of body weight one hour before the radiation and received a daily dose afterward for 10 days.

Another group received the radiation treatment and was given a saline solution instead of black seed oil. The control group was not irradiated. The analysis of the data shows that black seed oil reduces oxidative stress markers and has antioxidant effects, which also augments the antioxidant capacity in the liver tissue of rats. Thus, the use of black seed oil before radiation treatment, and for 10 days afterward, protected the rats from some of the harmful effects of radiation.

In a 2012 study in India, scientists investigated the effect of using an extract of black seeds on mice exposed to gamma radiation. A group of normal mice and a group of tumor bearing mice were tested. This experiment was done to mimic the human clinical setting where normal tissues of cancer patients are exposed to the harmful effects of radiation therapy. The mice were given black seed extract before being exposed to the gamma radiation. They were given 100 mg of black seed extract per 1 kg of body weight. The results showed that

the extract of black seed protected the liver, spleen, brain and intestines from gamma radiation damage for both the normal mice and the mice with tumors. Researchers concluded that the liquid extract of black seeds has protective effects against radiation-induced damage and biochemical alterations. They attributed this protective effect to the ability of the extract to scavenge free radicals and to its antioxidant properties. Thus, the liquid extracted from black seeds could be used with human cancer patients who receive radiation to protect against oxidative stress in normal tissues, and to mitigate other unwanted side effects of radiation. This could improve the quality of life for cancer patients.

BLACK SEEDS INTERFERE WITH UNCONTROLLED CELL GROWTH AND KILL LIVER CANCER CELLS

In 2013, researchers in India investigated the use of thymoquinone, which is a compound derived from black seeds. Two groups of rats with liver cancer were studied. One group was given water to drink that contained 0.01% thymoquinone, and the other group was given plain water.

After 16 weeks, the liver cancer nodules, liver injury markers and tumor markers were measured in both groups. The rats that did not receive the thymoquinone had substantial increases in liver tumor size. However, the rats that received 20 mg of thymoquinone per kilogram for body weight had greatly reduced liver injury markers and decreased tumor markers. The group treated with thymoquinone from black seed oil did not develop liver cancer nodules, and the amount of new tumor formation was much less than the untreated group of rats. They concluded that thymoquinone had a beneficial role in the treatment of liver cancer, because of its potent ability to prevent cancer cells from proliferating.

A 2012 study from Egypt evaluated anti-tumor effects of bee honey and black seed oil on human liver cancer cells in laboratory experiments. They examined the antioxidant capacity of honey and black seed extract, and the ability of these substances to eliminate unhealthy cells such as cancer. They found that both honey and

black seed extract were effective in reducing the viability of liver cancer cells. Honey and black seed extract also improved the antioxidant status of cells and induced cancer cell death by apoptosis.

BLACK SEED OIL KILLS LUNG CANCER CELLS

Saudi Arabian researchers reported in 2014 that black seeds have been used in traditional medicine to treat many diseases. The antioxidant, anti-inflammatory, and antibacterial activities of black seed oil are well known. This study investigated the anti-cancer activity of black seed oil and black seed extract when used against human lung cancer cells in the laboratory. Scientists exposed lung cancer cells to black seed oil or to black seed extract for 24 hours. They used 0.01 mg/ml to 1 mg/ml of the oil or the extract in this experiment. After the exposure, the cancer cell viability was assessed.

The results showed that both the black seed oil and the black seed extract significantly reduce the population of living cancer cells and altered the cellular morphology. They found that the greater the concentration of the oil or the extract that was used to treat the cancer cells, the greater the level of cell death. Also, both the black seed oil and the black seed extract caused the cancer cells to lose their typical appearance and to appear smaller in size. Researchers concluded that their data revealed that black seed extract and black seed oil significantly reduce viability of human lung cancer cells.

BLACK SEED COMPONENTS KILL MALIGNANT BRAIN CANCER CELLS

Researchers from Ohio State University published a study in 2013 indicating that glioblastoma is the most aggressive and common type of malignant brain tumor in humans, with a median survival of 15 months. These researchers emphasized that there is a great need for additional therapies for the treatment of glioblastoma. Naturally occurring phytochemicals have received much scientific attention because many exhibit potent tumor killing action. Thymoquinone is one of the bioactive compounds of black seed oil. Thymoquinone

has anti-oxidant, anti-inflammatory and anti-cancer actions. It has selective cytotoxic properties for human cells, which means that it kills human cancer cells while not being harmful to normal cells.

This specific study examined how thymoquinone selectively inhibits the ability of glioblastoma cancer cells of the brain and spinal cord from making clones of themselves. Thymoquinone, however, does not inhibit normal cell activity in the human brain and spinal cord. Another important ability of thymoquinone is the inhibition of autophagy genes in cancer cells. Autophagy in cancer cells enables continued growth of tumor cells by maintaining cellular energy production. If autophagy is inhibited, then cellular energy production for cancer cells will also be inhibited. This will result in a regression of tumor activity, and will extend the survival of organs affected by tumors. Thus, thymoquinone's ability to inhibit cancer cells from making clones of themselves and its ability to inhibit cancer cells from reusing cellular materials from other cells by means of autophagy, provide an exciting and emerging strategy for cancer therapy.

BLACK SEEDS INHIBIT BREAST CANCER

A 2013 study, conducted in Malaysia, addressed the anti-cancer efficiency of thymoquinone when it was used for long-term treatment of human breast cancer cell lines in the laboratory. Thymoquinone showed a sustained ability to inhibit breast cancer cell proliferation with long-term treatment. The length of inhibition was determined by the size of the thymoquinone dose. Larger doses produced greater inhibition.

BLACK SEEDS KILL LEUKEMIA CELLS

Malaysian researchers noted in a 2013 study that there is a growing interest in the use of naturally occurring compounds from traditional medicine, which have anti-cancer potential. *Nigella sativa* (black seed) is one of the most widely studied plants. This annual herb grows in countries bordering the Mediterranean Sea and India. Thymoquinone is one active ingredient isolated from *Nigella sativa*. The anti-cancer effect of thymoquinone, via the induction of

apoptosis resulting from mitochondrial dysfunction, was assessed in an acute leukemia cell line. Researchers found that treatment of leukemia cells with thymoquinone encouraged apoptosis resulting in cell death. These results indicate that thymoquinone from black seeds could be a promising agent for the treatment of leukemia.

BLACK SEED OIL INHIBITS AND KILLS COLON CANCER CELLS

Researchers from the University of Mississippi Medical Center stated in their 2007 study that the chemotherapy drug 5-fluorouracil continues to be the chemotherapeutic gold standard for the treatment of colon cancer. However, they noted that the side effects of 5-FU are numerous due to its ability to attack both healthy and cancerous cells. They responded to previous research findings showing that antioxidants have an ability to deter certain disease processes, especially cancer. They studied epigallocatechin-3-gallate, the most abundant catechin found in green tea, and thymoquinone, which is considered to be the most important anti-cancer component of black seeds. Black seeds are known for their powerful scavenger abilities. They are an inhibitor of oxidative stress, and have been utilized in the Middle East for centuries because of their capability to heal many different diseases.

The objective of this study was to investigate the role of sustained delivery of thymoquinone from black seeds, catechin from green tea, and the chemotherapy drug 5-FU on the metabolic activity and the structural changes in human colon cancer cells in laboratory cultures. Results of this study showed that green tea catechin and black seed thymoquinone produced significant cancer cell destruction and interfered with cellular metabolic functions, which was comparable to cells exposed to sustained drug delivery of the chemotherapy drug 5-FU. Morphologically, cellular changes occurred after exposure to green tea catechin and thymoquinone for 24 hours, which was comparable to the cellular changes seen in cells exposed to the chemotherapy drug 5-FU. Ultimately, the researchers concluded that the natural agents might offer a safe alternative treatment for colon cancer.

In an earlier study in 2004, Lebanese researchers identified the powerful role of black seed oil as a cancer preventative and cancer treatment agent. The researchers noted that black seed and black seed oil have been used in Asia, the Middle East and Africa to promote health and fight disease. “Thymoquinone, the most abundant constituent present in black seed, is a promising dietary agent for preventing cancer. We investigated the effects of thymoquinone against human colon cancer cells. We report that thymoquinone inhibits the growth of colon cancer cells. Our data support the potential for using thymoquinone for the treatment of colon cancer.”

BLACK SEEDS USEFUL FOR HELICOBACTER PYLORI INFECTION

In 2010, Saudi Arabian researchers indicated that a large number of diseases are ascribed to *Helicobacter pylori* (*H. pylori*), particularly chronic active gastritis, peptic ulcer disease and gastric cancer. Successful treatment of *H. pylori* infection with antimicrobial agents can lead to regression of *H. pylori*-associated disorders. *H. pylori* resistance against antibiotics is increasing, and it is necessary to find new effective agents. *Nigella sativa* seed (black seeds), a commonly used herb, possesses anti-helicobacter activity.

The present study was undertaken to evaluate the efficacy of black seeds for the eradication of *H. pylori* infection in 88 human non-ulcer dyspeptic patients. Patients were randomly assigned to four groups. The groups received various combinations of clarithromycin and/or amoxicillin (antibiotics), omeprazole (anti gastric reflex drug), and black seed oil. Researchers found that black seeds possess clinically useful anti-*H. pylori* activity, comparable to the combined use of all three drugs that were tested.

WHAT IS THE FUTURE FOR BLACK SEED OIL?

Combining Thymoquinone from Black Seeds with Conventional Cancer Treatments

In 2011, German researchers described the drug doxorubicin as being a mainstay of cancer chemotherapy despite its cardiotoxicity

and its limited ability to treat multi-drug resistant cancers. Recent studies revealed a protective effect of thymoquinone, a non-toxic constituent of the essential oil of *Nigella sativa*, against doxorubicin-induced cardiotoxicity. In summary, they found that thymoquinone is a booster for the anti-cancer effect of the chemotherapy agent doxorubicin in certain cancer cell lines.

In 2013, researchers from Singapore reported that there are a limited number of therapeutic agents for cancer, and cancer cells are developing resistance to these agents. Thus, there is a need to discover novel agents to treat breast cancer. The antitumor activities of thymoquinone, a compound isolated from black seed oil, were used to treat mice with breast cancer. Thymoquinone treatment was found to suppress tumor growth, and this effect was further enhanced by combining it with the chemotherapy drug doxorubicin.

CLINICAL TRIALS WITH HUMAN CANCER PATIENTS

Researchers from Wayne State University in Michigan found that their review of published reports about black seeds indicate that further indepth studies are warranted. They specifically point to the need to study its bioavailability and Phase-I toxicity profiling in human subjects. The results from such studies will be instrumental in advancing this field in support of initiating clinical trials for testing the effects of this ancient agent in cancer therapy. [19]

A researcher from Oman describes where future research for black seed oil should be directed. He states the obvious fact that thymoquinone (the bioactive phytochemical constituent of black seed oil) has been extensively studied. The use of thymoquinone in test tube research with human cancer cells and in animal studies with induced forms of cancer has been thoroughly investigated. As a result, a considerable amount of information has been generated from research, thus providing a better understanding of the anti-proliferating activity of this compound. Therefore, it is appropriate that thymoquinone should move from testing on the bench to clinical experiments.

CONCLUSION

After reviewing over 120 scientific research abstracts on the use of black seed oil and thymoquinone with various types of cancers, I began to wonder why there have been so few clinical trials with cancer patients. I couldn't stop asking myself, "If black seed oil possesses the significant anti-cancer properties that have been shown by all this research, and it has been proven to not be toxic to healthy human cells, then why are scientists still doing laboratory research? Why are human trials not being undertaken yet?"

The history of black seed use is well known. Traditional folk medicine has been safely using black seeds since the time of the Egyptian Pharaohs. Black seed oil was found in the tomb of the Egyptian Pharaoh Tutankhamen, which indicates that the oil probably had an important role in ancient Egyptian practices. [21] Archeologists also found black seeds mixed with honey and bee's wax in a pilgrim flask from the Old Hittite Period level of Boyalı Höyük (Mound), dating from around 1650 BC, in north-central Turkey. [22] Black seeds and black seed oil have been used for dozens of diseases with great success ever since that time throughout a large portion of the world.

Yet, when it comes to cancer treatment, this remedy is still stuck in the laboratory as if it were a dangerous unproven toxic substance. Let's remember black seeds and black seed oil are food! They are completely edible. They have been used for flavoring food and have been used as daily tonics and remedies for thousands of years. We do not need more test tube research or animal studies to prove that black seeds are safe and effective in laboratory experiments. The research that we need involves the development of protocols for using black seed oil in a clinical setting with cancer patients. It is clear from the research that black seed oil and thymoquinone are both effective against cancer and do not have harmful side effects. It's time for clinical trials.

WHY IS CLINICAL RESEARCH ON BLACK SEED OIL AS A TREATMENT FOR CANCER SO RARE?

I believe the answer to this question involves the controlling power of

pharmaceutical companies. As some of the researchers noted in their abstracts, conventional chemotherapy drugs are becoming less effective. Some of the studies I cited above investigated the use of black seed oil and thymoquinone in combination with existing chemotherapy drugs. When they did these types of experiments, they often found that the combination worked better than chemotherapy drugs by themselves. In some experiments, thymoquinone worked equally as well as chemotherapy drugs, which might mean that toxic chemotherapy agents just might be able to be replaced by a natural seed extract, which has no harmful effects. For people with cancer, this could be great news, but to the pharmaceutical industry, this would be extremely bad news for profitability.

There is a disturbing trend in the pharmaceutical industry where these companies attempt to gain control over a natural substance and prevent it from being available without a prescription. Then they would add the natural substance to an existing drug, which has an expiring patent, and create something that they call a “new drug,” which of course they can then patent. This strategy is being pursued by drug companies with the help of the FDA for the use of folate (vitamin B9). They are trying to take the natural form of vitamin B9, which is essential to human life, and make an SSRI/folate combination to create a new patentable drug. In doing so, health minded consumers would only then have access to the less effective synthetic form of B9, which is called folic acid. [23]

Along the same lines of reasoning, pharmaceutical companies might be interested in reformulating their failing chemotherapy drugs to include thymoquinone, which would improve the performance of the drugs. As some of the preceding research shows, this type of research is already underway. In some of these experiments, thymoquinone performs as well as chemotherapy drugs and has no side effects, but drug companies cannot make billions of dollars selling black seed oil or thymoquinone. It would not be in the financial interest of drug companies to encourage human trials with a

natural substance such as black seed oil or thymoquinone, which is not patentable.

COMPASSION FOR PEOPLE WITH CANCER

It deeply saddens me when I watch people have the healthy parts of their bodies destroyed by chemotherapy and radiation therapy when it is likely that a natural substance could reduce and maybe eliminate damage to healthy tissue. The research that has been cited clearly shows that black seed oil could prevent radiation damage to healthy tissue if it is given before radiation therapy and is continued on a daily basis after each treatment. The fact that there isn't any published research pointing to human clinical trials (despite the success with using black seed oil with animals) is a true offense against people who receive radiation treatment.

Black seed oil offers a powerful protective effect against radiation and chemotherapy, and is a potent anti-cancer agent, but we can only make guesses about the daily dose that is needed to protect human patients. There are some websites that have information about the use of black seeds and black seed oil for the treatment of cancer. However, I do not have a specific recommendation, because we do not have any research to confirm whether these advertised protocols are effective for all forms of cancer. Based on the research that I have read, the benefit from taking black seed oil is best achieved when taking daily doses.

Black seed oil is not a drug. More is not necessarily better. I have seen suggestions that people take 1 to 3 teaspoons of black seed oil per day for various conditions. One teaspoon seems to be a daily dose to support health. Two or three teaspoons per day are suggested for specific diseases. Sometimes it is taken with honey and sometimes it can be applied to the skin. I recommend researching your specific health concerns to find treatments that will work for your situation.

See Also: Black Seed – 'The Remedy For Everything But Death'

GINGER

New research published in the Journal of Biomedicine and

Biotechnology found that “ginger may be a promising candidate for the treatment of breast carcinomas.”[i] This is a timely finding, insofar as breast cancer awareness month is only days away, and one of the primary fundraising justifications is the false concept that a low-cost, safe and effective breast cancer treatment is not yet available. Could ginger provide the type of cure that conventional, FDA-approved treatments have yet to accomplish?

The new study was performed by researchers at the Biological Sciences Department, Faculty of Sciences, King Abdulaziz University, Saudi Arabia, who discovered that a crude extract derived from the medicinal plant ginger (*Zingiber officinale*) inhibited the proliferation of breast cancer cells, without significantly affecting the viability of non-tumor breast cells -- a highly promising property known as selective cytotoxicity, not found in conventional treatments.

The researchers outline the serious problems with present breast cancer therapies thusly:

Despite significant advances toward targeted therapy and screening techniques, breast cancer continues to be a chronic medical problem worldwide, being the most common type of cancer in women and the leading cause of death [1]. Typically, the treatment of breast cancer involves hormonal therapy with tamoxifen or other selective estrogen receptor (ER) modulators [2–4]. However, almost all patients with metastatic disease and approximately 40% of patients that receive tamoxifen experience relapse that ends by death [5]. In addition, the clinical utility of ER antagonists is often limited by side effects [2, 3, 6] and is largely ineffective against ER-negative breast cancer [2, 3]. Furthermore, despite the fact that many tumors initially respond to chemotherapy, breast cancer cells can subsequently survive and gain resistance to the treatment [7]. Thus, identification of novel agents that are relatively safe but can suppress growth of both ER-positive and ER-negative human breast cancers is highly desirable.

They described their interest in investigating crude extracts of ginger in the following manner:

Despite knowledge about the potent anticancer activity of the ginger,

the molecular mechanisms underlying this activity are not currently well known in breast cancer. Based on the previously mentioned reported scientific data and considering the fact that in some cases herbal extracts are showing more potency than the purified components [21, 22], the present study was undertaken to investigate the impacts of crude extracts of ginger on growth of breast cancer cell lines.

They discovered that ginger was capable of positively modulating a surprisingly wide range of molecular mechanisms simultaneously, such as:

- Induction of apoptosis (programmed cell death)
- Upregulation of Bax (a pro-apoptosis gene)
- Downregulation of Bcl-2 proteins (cancer-associated)
- Downregulation of prosurvival genes NF-B, Bcl-X, Mcl-1, and Surviving
- Downregulation of cell cycle-regulating proteins, including cyclin D1 and cyclin-dependent kinase-4 (CDK-4). (cancer-associated)
- Increased expression of CDK inhibitor, p21 (anti-cancer associated)
- Inhibition of c-Myc, hTERT (cancer-associated)

This is not the first study to confirm ginger's anti-breast cancer properties.[ii] In fact, a ginger compound known as [6]-Gingerol has recently been shown to have anti-metastatic properties in breast cancer. [iii] Nor is ginger's anti-cancer activity limited to breast cancer. Ginger and its constituents have been studied to inhibit the following cancers:

- Colon and Rectal Cancer[iv]
- Liver Cancer [v] [vi] [vii]
- Lung Cancer [viii] [ix]
- Melanoma [x]
- Pancreatic Cancer [xi] [xii]
- Prostate Cancer [xiii] [xiv] [xv]
- Skin Cancer [xvi]

Ginger is an archetypal example of a food-medicine – that is, something we ingest that both nourishes us, and helps alleviate pain and suffering. Today, it is consumed as a delicacy, spice and medicine by hundreds of cultures throughout the world. Modern

science now confirms that ginger has over 100 distinct health benefits.[xvii] Its use stretches back thousands of years – something no existing FDA-approved drug can lay claim to – and is believed to have originated in southern China, spreading to the Spice Islands and other regions of Asia, and eventually to West Africa, the Caribbean, finally to India, its largest producer. [xviii] There is also recent evidence that ginger was traded in Greece, as far back as 3rd century BC.[xix]

TURMERIC

Science Confirms Turmeric As Effective As 14 Drugs

Turmeric is one the most thoroughly researched plants in existence today. Its medicinal properties and components (primarily curcumin) have been the subject of over 5600 peer-reviewed and published biomedical studies. In fact, our five-year long research project on this sacred plant has revealed over 600 potential preventive and therapeutic applications, as well as 175 distinct beneficial physiological effects. This entire database of 1,585 ncbi-hyperlinked turmeric abstracts can be downloaded as a PDF at our Downloadable Turmeric Document page, and acquired either as a retail item or with 200 GMI-tokens, for those of you who are already are members and receive them automatically each month.

Given the sheer density of research performed on this remarkable spice, it is no wonder that a growing number of studies have concluded that it compares favorably to a variety of conventional medications, including:

Lipitor/Atorvastatin(cholesterol medication): A 2008 study published in the journal *Drugs in R & D* found that a standardized preparation of curcuminoids from Turmeric compared favorably to the drug atorvastatin (trade name Lipitor) on endothelial dysfunction, the underlying pathology of the blood vessels that drives atherosclerosis, in association with reductions in inflammation and oxidative stress in type 2 diabetic patients. [For addition curcumin and ‘high cholesterol’ research – 8 abstracts]

Corticosteroids (steroid medications): A 1999 study published in the journal *Phytotherapy Research* found that the primary polyphenol in turmeric, the saffron colored pigment known as curcumin, compared favorably to steroids in the management of chronic anterior uveitis, an inflammatory eye disease. A 2008 study published in *Critical Care Medicine* found that curcumin compared favorably to the corticosteroid drug dexamethasone in the animal model as an alternative therapy for protecting lung transplantation-associated injury by down-regulating inflammatory genes. An earlier 2003 study published in *Cancer Letters* found the same drug also compared favorably to dexamethasone in a lung ischaemia-reperfusion injury model [for additional curcumin and inflammation research – 52 abstracts]

Prozac/Fluoxetine & Imipramine (antidepressants): A 2011 study published in the journal *Acta Poloniae Pharmaceutica* found that curcumin compared favorably to both drugs in reducing depressive behavior in an animal model. [for additional curcumin and depression research – 5 abstracts]

Aspirin (blood thinner): A 1986 in vitro and ex vivo study published in the journal *Arzneimittelforschung* found that curcumin has anti-platelet and prostacyclin modulating effects compared to aspirin, indicating it may have value in patients prone to vascular thrombosis and requiring anti-arthritis therapy. [for additional curcumin and anti-platelet research]

Anti-inflammatory Drugs: A 2004 study published in the journal *Oncogene* found that curcumin (as well as resveratrol) were effective alternatives to the drugs aspirin, ibuprofen, sulindac, phenylbutazone, naproxen, indomethacin, diclofenac, dexamethasone, celecoxib, and tamoxifen in exerting anti-inflammatory and anti-proliferative activity against tumor cells. [for additional curcumin and anti-proliferative research – 15 abstracts]

Oxaliplatin (chemotherapy drug): A 2007 study published in the *International Journal of Cancer* found that curcumin compares

favorably with oxaliplatin as an antiproliferative agent in colorectal cell lines. [for additional curcumin and colorectal cancer research – 52 abstracts] Metformin (diabetes drug): A 2009 study published in the journal Biochemistry and Biophysical Research Community explored how curcumin might be valuable in treating diabetes, finding that it activates AMPK (which increases glucose uptake) and suppresses gluconeogenic gene expression (which suppresses glucose production in the liver) in hepatoma cells. Interestingly, they found curcumin to be 500 times to 100,000 times (in the form known as tetrahydrocurcuminoids (THC)) more potent than metformin in activating AMPK and its downstream target acetyl-CoA carboxylase (ACC).

Another way in which turmeric and its components reveal their remarkable therapeutic properties is in research on drug resistant- and multi-drug resistant cancers. We have two sections on our site dedicated to researching natural and integrative therapies on these topics, and while there are dozens of substances with demonstrable efficacy against these chemotherapy- and radiation-resistant cancers, curcumin tops both lists:

CANCERS: DRUG RESISTANT

We have found no less than 54 studies indicating that curcumin can induce cell death or sensitize drug-resistant cancer cell lines to conventional treatment.

We have identified 27 studies on curcumin's ability to either induce cell death or sensitize multi-drug resistant cancer cell lines to conventional treatment.

Considering how strong a track record turmeric (curcumin) has, having been used as both food and medicine in a wide range of cultures, for thousands of years, a strong argument can be made for using curcumin as a drug alternative or adjuvant in cancer treatment.

Or, better yet, use certified organic (non-irradiated) turmeric in lower culinary doses on a daily basis so that heroic doses won't be necessary later in life after a serious disease sets in. Nourishing

yourself, rather than self-medicating with ‘nutraceuticals,’ should be the goal of a healthy diet.

CHLOROPHYLL, CHLOROPHYLLIN, AND SELENIUM COMPOUNDS

Research from the Linus Pauling Institute at Oregon State University suggests that natural compounds of chlorophyll, chlorophyllin, and selenium compounds, which previously have been studied for their ability to preventing a cancerous condition, may be able to play a more significant role in reversing a cancerous condition.

A new study just published in the International Journal of Cancer examined the activity of chlorophyllin and found that, on a dose-by-dose basis, it was 10 times more potent at causing death of colon cancer cells than hydroxyurea, a chemotherapeutic drug commonly used in cancer treatment.

Beyond that, chlorophyllin kills cancer cells by blocking the same phase of cellular division that hydroxyurea does, but by a different mechanism. This suggests that it – and possibly other “cocktails” of natural products – might be developed to have a synergistic effect with conventional cancer drugs, helping them to work better or require less toxic dosages, researchers said.

“We conclude that chlorophyllin has the potential to be effective in the clinical setting, when used alone or in combination with currently available cancer therapeutic agents,” the researchers wrote in their study.

The concept of combining conventional or new cancer drugs with natural compounds that have been shown to have anti-cancer properties is very promising, said Rod Dashwood, professor and director of the Cancer Chemoprotection Program in the Linus Pauling Institute.

“Most chemotherapeutic approaches to cancer try to target cancer cells specifically and do something that slows or stops their cell growth process,” Dashwood said. “We’re now identifying such

mechanisms of action for natural compounds, including dietary agents. With further research we may be able to make the two approaches work together to enhance the effectiveness of cancer therapies.”

Chlorophyllin is a water-soluble derivative of chlorophyll – the green pigment found in most plants and many food products that makes possible the process of photosynthesis and plant growth from the sun’s energy. Chlorophyllin is inexpensive, and animal studies plus human clinical data suggest that it can be ingested at relatively high levels without toxicity.

In the new study, researchers found that pharmacologic doses of chlorophyllin caused colon cancer cells to spend more time than normal in their “synthesis phase” in which DNA is duplicated. Timing is critical to the various phases of cell growth, researchers said, and this disruption started a process that ultimately led to cell death, the study found.

In particular, the presence of high levels of chlorophyllin caused a major reduction in the level of ribonucleotide reductase, an enzyme critical to DNA synthesis, researchers found. This is also the mechanism of action of hydroxyurea, one drug already being used for cancer chemotherapy.

“In cancer research right now there’s interest in approaches that can reduce ribonucleotide reductase,” Dashwood said. “At the doses used in our experiments, chlorophyllin almost completely stops the activity of this enzyme.”

Further research is needed both in laboratory and animal studies, with combinations of chlorophyllin and existing cancer drugs, before it would be appropriate for human trials, Dashwood said.

Chlorophyllin, in general, is poorly absorbed from the human gastrointestinal tract, so it’s unclear what levels might be needed for therapeutic purposes or how well they would work.

Other dietary agents also might have similar potential. Work just published by LPI researchers in the journals *Carcinogenesis* and *Cancer Prevention Research* explored the role of organic selenium compounds in killing human prostate and colon cancer cells. Colorectal and prostate cancers are consistently among the leading causes of cancer mortality in the United States, and will account respectively for 18 percent and 9 percent of all cancer deaths in 2009, according to estimates from the American Cancer Society.

In the recent studies, a form of organic selenium found naturally in garlic and Brazil nuts was converted in cancer cells to metabolites that acted as “HDAC inhibitors” – a promising field of research in which silenced tumor suppressor genes are re-activated, triggering cancer cell death.

“Whether it’s HDAC inhibition leading to one manner of cancer cell growth arrest, or loss of ribonucleotide reductase activity leading to another, as seen with chlorophyllin, there’s significant promise in the use of natural products for combined cancer therapies,” Dashwood said. “These are areas that merit continued research.”

These studies were supported by the National Cancer Institute and the National Institute of Environmental Health Sciences. Other collaborators included researchers from the New York Medical College and the Penn State College of Medicine.

Chlorophyll is identical to your hemoglobin except for the center atom. Dr. Robert O. Young’s, at the pH Miracle Living Center in San Diego, California suggests, “as one increases their consumption of chlorophyll from green foods and green drinks the quality and quantity of the red blood cells improve. This can be noted on a CBC medical test as the red blood cell count increases and the hemoglobin increases to a healthy range. Liquid chlorophyll and chlorophyllin can be added to any water or green drink to improve the concentration of this powerful blood building compound.”

RECOMMENDED SUPPLEMENTS FOR A SELF-CURE OF CANCER

What supplements would you recommend for someone who is doing cancer? Two vital supplements we can use in neutralizing acidity are two powerful peptides called N-Acetyl cysteine and glutathione. Glutathione is a powerful antioxidant to neutralize the effects of acidity, and N-Acetyl cysteine will neutralize glucose, acetyl aldehyde, and ethanol alcohol—three metabolites that come out of cancer cells. Cancer cells go in metabolism from respiration to fermentation. The byproducts of cellular breakdown are glucose, acetyl aldehyde, and ethanol alcohol. We need to neutralize them. One powerful neutralizer of those acids that spoil the cells is N-Acetyl cysteine. I recommend at least 2,000 milligrams a day, and at least 1,200 milligrams of glutathione six times a day.

To neutralize acidities, you have to maintain the pH of the fluids of the body. The pH of the urine, the saliva (we increase that exponentially by using what I call the quad salts – potassium, magnesium, sodium, and calcium bicarbonates—to raise the alkalinity of the internal fluids of the body, thus permeating the tissues and every part of the body with these types of salts and raising the pH of the urine and saliva above 8. When we can saturate our tissues, we start buffering the acids of spoiling cells or neutralize the acids around a tumor formation. Since the body is trying to protect itself in those tumor formations, getting the salts is critical. These are some inexpensive things that I would do. Put 2 or 3 teaspoons of baking soda in 3 or 4 ounces of water and chase it every time your pH is below 7.2. You push the pH by supporting the body in neutralizing the acids, which are continually being created through metabolism, through digestion and through cells that are spoiling.

Section 4: Thoughts and Emotions

In this section, we examine the vital role of thoughts and emotions in causing and a self-cure for ALL cancers.

Chapter 14 Mental-Emotional Connection

CAN THOUGHTS AND EMOTIONS CAUSE CANCER? We are often asked: What impact do our emotions have on our health? What influence do our emotions have on causing and preventing cancer? How do our thoughts impact the success of the treatment for cancer? Can thoughts cause or cure cancer? Can personal relationship with friends and family either prevent or cause cancer?

The foundation of my teeter-totter for life is my four food groups: water, salt, oxygen and nitrogen—or water, salt, chlorophyll and fats (another way of defining it). We have to start out with the physiology because the next tier on our pyramid is the emotional body. Emotion is energy in motion. Emotion affects our mental body. And the mental body affects our physical and spiritual bodies, the soul—the heterogeneous solution of two or more dissimilar ingredients bound into one. Physical body, emotional body, mental body, and spiritual body create the soul of man. To get the body back to a state of balance or homeostasis, you have to start with the physiology, with the acid-alkaline balance. That is why we measure the pH of the fluids of the body. They have to be at least 7.2 or higher. As we think about the cause or consequence, we have to think about the choice. It begins with sensitivity and leads gradually, as we become more acidic, to degeneration.

These are just different stages or levels of acidosis. There's nothing we gain or learn from calling a disease cancer or calling a disease MS. That doesn't tell us anything. However, once we learn the new biology, it tells us that these people are highly acidic; that they're absorbing their own waste products, that their choice of lifestyle and diet is affecting their health. It's not just what you eat, but it's also what you think. It's how you live. Your thoughts are part of your lifestyle and what you eat impacts the internal fluids of the body which impacts the health of the tissue that leads to health, energy and vitality or to a state of latent-tissue acidosis or a crisis of toxemia.

DUALITY OF LIFE: FEAR VS. FAITH

The law of the universe called the duality of life suggests that there

must be opposition in all things that we might learn by experience. We must have choice between opposites to understand things. For example, in the duality of life, we can either go to the emotion of fear or to the emotion of faith. We can live in the past and fear the future, or we can exercise faith in the future. We live by faith when we focus on what is happening now. We are not so concerned about the past because the past is over. We are concerned about what is happening now as a consequence of our choices in this duality of life.

The acronym for FEAR is False Evidence Appearing Real since most of what we think about never happens. Faith is the first attribute of healthy thinking. It's the first attribute of conviction that we need to control the consequences tied to the choices that we make. Choice = consequence. If we're unhealthy, we've made unhealthy choices.

Where does cancer begin? It begins with our choice. If we're experiencing good health, we've made good choices. If we're experiencing ill health, we've made poor choices. We need to understand this law of the universe because without it, there would be no choice—nothing to choose from. You choose acidic foods or alkaline foods. Without that choice, there can be no consequences. We experience the consequence of our choice. We can live in a state of fear or we can live in a state of faith. If you move to a state of faith, many of the consequences you experience will change significantly.

For example, this is an estimation based upon the pH scale. For every point it moves, it moves to the power of 10, an exponential. So, if I have a scale of 1 to 14, and 7 is the midpoint if our body fluids are slightly alkaline 7.2 - If my body fluids moved from 7 to 8, that would be a 10 times increase! And for each time it moves, it goes from 7 to 8 10 x 8 to 9 is a 100 times; 9, 10 is a 1,000 times.

Negative thoughts and feelings can lower the pH of the urine by 1000 times. I can prove this simply. If you want to catch yourself, you can test your pH – if you've been testing your pH over time daily, and for some reason, something has upset you, test your pH after that

emotion. You'll notice that the pH has decreased anywhere from 10 to a 1000 times. This can cause the body to go into preservation mode 24/7 using up its alkaline buffering reserves. If the body is using its alkalinity and energy to neutralize the acidity on an emotion, emotions are definitely contributing to a state of a state of acidity or alkalinity, which also then equates to a state of health, energy or wellness or a state of sickness and disease. Once the body uses up the alkaline reserves, the body goes into body wasting. It starts wasting the bone; it starts wasting the muscle to pull alkaline buffers to neutralize the acidity in the blood in order to maintain alkalinity.

Finally, if you stay within those emotions, you die a miserable person. And the spirit that possesses you now is the spirit with the same feelings and emotions that leave the body. You do not change to be a happy person upon death. Death is not the solution. Life is the solution. Life's problems can make you either a better person or a bitter person. And you can test this chemistry. You can measure it. You can measure the pH of the saliva, you can measure the pH of the urine and you can see the biochemical changes when the pH lowers when you're in a state of emotional stress.

Over time, this creates havoc with the tissues. Enervation leads to congested eliminations, and if the body cannot eliminate its acids, you start absorbing your own urine and waste products, thus tenderizing your bones, heart, brain, breast, prostate—and this is what causes them to physiologically break down.

Our thoughts and feelings impact our physiology. Our physiology affects our emotions, and our emotions affect our physical body. This fact can be measured biochemically. I suggest that most heart attacks or cancers are brought on by our thoughts. They are really thought-attacks. Thoughts require energy. Are we using our energy to move our bodies in a positive way, or are we using energy to move our bodies in a negative way? When we use energy and when energy is consumed, the by-product of that is acid. And when you don't have the energy to move that acid out, it goes into the breast tissues, brain tissues, prostate, or gets thrown out away from the

organs to sustain life. It begins simply with just sensitivities, catarrh, inflammation, aches and pains.

These are the body's signals. Like a car, our body is either honking or humming. If it's honking, we're feeling the honking signals—the irritation, inflammation, and sensitivities. Aches and pains lead to cancerous tissues, and they all begin with our thoughts. So, while we're in these negative thoughts, all of a sudden, you start thinking Wow, I need more energy. And so you look for sugar.

Every decision we make involves emotions, even in business. I hear all the time, "Let's keep this business-oriented. Let's take the emotion out of this." I find that to be almost impossible. Most decisions have some emotion, and emotions affect our acid-alkaline balance.

NEGATIVE EMOTIONS

Negative emotions affect the internal environment, which affects blood sugars, which can affect yeast proliferation and cellular breakdown. We can become more acidic through our emotions. Once we met a diabetic who admitted that her blood sugar would rise during stressful emotions. If you know someone dealing with diabetes, have him or her monitor that. I'm sure it would be the same any types of cancerous situations.

Dr. Young's microzymiam theory evolves out of a belief that memory is inherited from ancestors or from childhood wounding or other experiences that affect our beliefs about ourselves. This will affect all decision-making, rational behavior, and our sense of overall well-being. Some examples of this are non-acceptance. You may have moved when you were young. Usually something happens between the ages of 5 and 7 that gives us a basic set of beliefs about ourselves.

In China, the one child rule can affect the belief of the child if there are no siblings in the family. This child can grow up believing that they are the most important thing that they can have what they want, they don't have to share. When we were in China, the country was concerned about the belief systems in this family situation of only

one child. They had a special called “A Nation of Brats – Are we raising a nation of brats?” They are considering changing the one child rule in China for this reason.

Sometimes you may ask where your emotions are coming from. It may run in a family or culture. You’ve heard of the Irish temper or passionate Italians. In our family, we have the Redford artistic temperament. Depression can also run in families. So, some of what we feel daily has roots that stem from ancestral experiences or the microzyma that comes to us through parents.

So how do we balance an emotional pH? First, we must realize that emotions are not set at a certain number. However, we can test our pH with pH paper during emotional situations and see the pH falling. That’s a signal to us that we need to be good to ourselves. We need to question the emotion that we’re feeling, identify the source of that emotion, and then act accordingly. Acidic emotions include anger, resentment, vindictiveness, confrontation, grumpiness, deceptiveness, self-destructiveness, pessimism, selfishness and damaging addictions can further make acidic emotions.

In the course of a lifetime, everyone will feel these negative emotions. It doesn’t mean that every time you are angry it is a wrong choice. You may have a good reason to be angry (righteous indignation). So you have to take these negative emotions and realize that it’s okay to have such emotions. What is not okay is to stay in these emotions. If you stay for long periods in any of these negative emotions, these acidic emotions work against healthy self-interest. Someone might accuse you of being selfish when you are expressing some healthy self-interest or investing in yourself.

You are the only person who can decide how you’re feeling about things. At times you may be seeking justice or following your heart, you might have rightful assertion, you may be exercising personal power or have righteous indignation, a good reason to get mad. You see a child being abused or you see a man beating a woman or a woman beating a man, you feel some anger—and it can be called for. The emotion of anger can motivate us to do something different.

If you get mad enough about the house being a mess, you may get angry enough to clean the whole house.

So, realize that you will feel these negative emotions in the course of a lifetime, even in the course of a day. But how do we keep ourselves balanced so that we can affect the physiology, realizing that the emotional temperature of our body affects the physiology. You can be responsible for your life and take your stands and make your decisions and make clear choices with no regrets. If you're in a damaging environment, if you're under tremendous stress and you're finding yourself in a sick situation, when you're dealing with cancer or disease, you can remove yourself from a damaging environment. Only you can make that judgment about whether your environment is too damaging or not.

Acidic emotions can motivate us to do something better or to make a change in our life. So, we need to avoid all negative emotions just because they cause acids. They are something we need to understand and get into and out of quite quickly. Other emotions that can affect us, especially while we're sick or dealing with cancer are sorrow, grief, and maybe hopelessness. Those emotions suggest that our faith is affected by fear. Feeling regret for acts done wrong is a low vibration frequency emotion. Feeling guilt over something is an emotion that can motivate us to change so that we don't feel guilty. Feeling shame for what we've done is one of the lowest grade feeling that we can have.

Fear. Many people carry around an inferiority complex. Feeling unworthy of love or not good enough can stem from childhood experiences. Emotions are natural to have with any experience. They help us grow, mature and progress. They teach us opposition in all things and keep us in touch with ourselves and with others. You can develop empathy for somebody who feels hopeless, if you have felt hopeless. If you are not in touch with your emotions, maybe denying that you even have them, you may have experienced so much pain that you go into denial for protection. If you go to a place

where you feel numb or no feelings at all, we can call this the empty bucket.

Many people exist without feeling any emotions because of bad experiences that they've had. So, the encouragement is to find a balance or connect with emotions that you believe may be at the root of your disease or causing some imbalance, even now while you're dealing with your disease.

INCREASE EMOTIONAL INTELLIGENCE

Daniel Goleman calls one therapy that brings some emotional understanding Emotional Intelligence. We highly recommend his books. He talks about emotional hijacking where we take ourselves to a place emotionally that we had not planned on going—a place that we really don't want to go.

If you find yourself being depressed and you don't want to be depressed, you need to ask yourself, am I emotionally jacking myself to this place? Can I make a better choice in what I'm eating, drinking, thinking or doing? Can I make a better choice to get more rest? Can I make a better choice in my approach to balancing out my physiology?

Goleman claims that emotional intelligence is even more important in life than IQ. He discusses the brain, how it operates, emotional triggers, and methods to improve our behavior using healthy emotional intelligence. He has good ways to talk you through when emotions arise, how to get out of destructive emotions.

Rapid eye movement (REM) is another good therapy, RapidEyeTechnology.com. It's a form of replicating the REM stage of sleep—where you get into the subconscious, somewhat like hypnosis. REM therapy uses a light and eye movement that crosses over both sides of the brain and reprograms false beliefs that have been accepted by the brain.

If you have a belief in your system that you're unworthy of love or not loveable, REM can go back into those false beliefs, gather information and represent (reorganize) the information into new true beliefs while the brain has a chance to accept it. REM therapy

actually forms a new brain synapse. As the old one dies out, the brain will create a new little circuit or synapse that will develop a new belief.

THOUGHTS ARE POWERFUL.

We can recommend emotional clearing therapists and programs that can help people get these emotions up and out of their body so that the charge that these emotions cause in the body are lifted.

Don't delve too much into the past or the future. Don't stay there with your thoughts. Afford yourself the power of the moment that is in front of you now.

In his book *Practicing the Power of Now*, author Eckhart Tolle says, "Once we have a history, we create a tape. This tape runs in our minds as thoughts. We can develop repetitive thought patterns and get stuck with a tape that plays over and over." Have you ever had a very upsetting experience or situation or conversation with somebody and you keep replaying the conversation over and over and you feel yourself getting mad all over again? This is where our thoughts can become destructive to us. So much time is spent in thought that we lose the now, this very moment, and become lost in our thoughts.

You'll see people on trains and buses, just walking down the street, and you know that they're hardly aware of their surroundings. They're using their peripheral vision to avoid walking into walls or people but they are lost in their thought. They're not paying attention to what's in front of them. We are either in the past or projecting into the future when we're lost in thought.

In his book *The Power of Now*, Eckhart Tolle has some good exercises for keeping you in the moment. He says, "The beginning of freedom is the realization that you are not the thinker. If you look over the course of the day, how much your mind was in your thoughts? How much were you really thinking? In this exercise, you start to watch yourself. You think of yourself as hovering over yourself, watching yourself. The moment you start to watch the

Thinker, higher consciousness becomes activated. You begin to realize that there is a vast realm of intelligence beyond thought—that thought is only a tiny aspect of your intelligence.” Tolle is saying that you are more than just your thoughts. That’s encouraging. I can start watching myself while I’m thinking, using my first name. For instance, if I was deeply involved in thought and perplexed and trying to handle a problem that was aggravating me or making me anxious, I can use Eckhart’s exercise to hover above myself and say, “Oh Shelley, There she is. She’s thinking of how she’s going to solve that problem.” The minute I start watching the Thinker, I pull myself up out of those damaging thoughts because I only become an observer of the Thinker. Try it a few times and see how your body relaxes once you become the observer. Once you watch yourself think, you also realize that all things that truly matter—beauty, love, creativity, joy, inner peace—arrive from beyond the mind and you begin to awaken.”

Chapter 15 Emotional Clearing and Cleansing

Since emotions carry an energy charge, we should seek therapies that enable us to go into emotional clearing and cleansing—to get damaging thoughts up and out of us. Emotions arise at the place where the mind and the body meet. Most physicians agree that there is a mind-body connection in health. The more you are identified with your thinking, the less present you are as the watching consciousness. The stronger the emotional energy charge will be, whether you are aware of it or not. So, if you can’t get out of your mind, out of your thoughts to receive rest and go to a place where you have no thought and you’re just observing, every emotion that runs through your body will have a charge or surge that goes through your body and leaves residues. If you are cut off from your emotions, you’ll eventually experience them on purely a physical level as a symptom or a problem. So this is encouraging us to not just push emotions down deep.

For example, suppose that you have a feeling of jealousy. If you decide to deny that emotion and push it behind you or push it down

deep inside you, it's still there. Pushing it down deep and never talking about it is a way of hiding it within yourself, and yet you can still have that charge of that emotion going on within your body. So, if we accept the premise that emotions cause charges through our body, we need to be aware that the first step to any disease in our body begins with a physical and/or emotional disturbance. The emotional disturbance can start the physical imbalance in the body.

Often when we meet with people who are dealing with a physical challenge, we find that many of their symptoms started after a major emotional disturbance in their life, such as a hard set of stress points in the way of a divorce or a death in the family or a trauma where somebody has been abused. Again, these can also stem from childhood experiences. I realize that if I have these emotions and let them linger in my body, I will experience physical ramifications from them.

Here are two exercises from The Power of Now to get those old tapes to stop in your mind where your thoughts keep rolling and repeating to create a No Mind Gap for healing. The reason for doing this because those thoughts become compulsive where we can't control those thoughts from coming up in our minds. Sometimes we can't stop the thinking pattern, and that's a dreadful affliction. We may think that since many others are wound up in their thoughts every day that "everybody is doing this" so it must be normal and natural—it's not.

One exercise you can do is to watch yourself think. Just become an observer while you're thinking, especially in destructive emotions, step outside of yourself in a symbolic sense and watch yourself. Step out of those emotions to give your body a rest. Listen to the voice in your head as if you were another person standing beside you. It really works, especially if you're extremely upset, stressed, or depressed. Try to stand beside yourself and become a non-judgmental observer. This creates a sense of your own presence and the mind is a superb instrument. If used rightly, it can help us with our health. It can help us to move from negative thoughts over

to positive thoughts. The brain, used wrongly, becomes destructive; instead of you using your mind, your mind can actually use you. So, start thinking about how your thoughts contribute to your state of health. Just as negative emotions give a negative energy charge in our body, positive thoughts give us light and energy in our body that are health promoting, that help us heal faster, help us rest better at night. Sleep is very important for those dealing with health degenerations like cancer. Your rest is very important.

A second exercise to use when you find yourself in destructive emotions is to suddenly direct your focus and attention into the Now—the very moment where you are noticing the physical things around you. For instance, if I was experiencing the emotion of sadness and knew that if I stay in that emotion it would bring me down, I could look at the chair I am sitting in or look at the color of my shirt. I could look at the color of the blue sky. I could observe a person around me. If they are talking on the phone, I could listen to the conversation. I could look at the carpet. I could notice the flowers outside. Any time you take your direct focus- your thought and put it onto physical elements around you, this will pull you out of that thought, giving you a gap where you're no longer thinking that thought.

I encourage you to try these two exercises when negative emotions arise. When these gaps occur, you feel a certain stillness and peace. Stillness and peace is a mind gap where you're not absorbed or caught up in your thoughts. This is what Eckhart has to say about illness and thought: "Belief in a label that someone attaches to your condition keeps the condition in place."

So maybe you've been labeled with cancer or lupus. I talked to a girl last night that said, "I have rheumatoid arthritis and lupus." These are the labels that she has been given. The states of her health have been put in a box with a name on it, and she has those two boxes. She carries those with her because she's been labeled that way. Eckhart says that this keeps that condition in place. It empowers it and makes it a seemingly solid reality when possibly what you have

is a temporary state of imbalance. Wouldn't it be nice if those of us who are dealing with cancer and other illnesses could take those boxes off, not think about those names, and say, "Okay, I'm in a temporary state of imbalance." Once we lift the thought to something that sounds more hopeful, certainly a temporary state of imbalance sounds more hopeful than terminal illness. This difference in thought can affect the charge that goes through our body.

"The doctor of the future will give no medicine but will involve the patient in proper use of food, fresh air and exercise," said Thomas Edison long ago. This is still where we're headed—integrative medicine. We see more of that happening where doctors are taking note of other modalities and therapies that can be helpful to their patients. More doctors are concerned about the mental and emotional states of their patients because they see for themselves in the hospitals that those that are more positive thinking get out faster and do better and heal faster than those that are negative thinking.

If you are dealing with cancer, seriously consider the emotional cleanse as part of the program. Confer with Dr. Young on the length of time for the cleanse. He also takes patients for extended stays at Rancho Del Sol when he needs to monitor them, and he directs the staff to design a program that is the proper length of time for them. He says, "It matters not the disease because the disease is not the cause, but the effect of an over acidic lifestyle which would include our thoughts and diet—the true cause of disease. The cure for cancer will not be found in its treatment but in its prevention."

If we can prevent cancer, we will not have to find a cure.

THOUGHTS AND EMOTIONS

Can positive or negative thoughts and emotions affect your body's delicate biochemistry or the acid/alkaline pH balance? Do emotions like love, fear, joy, anger, sadness, happiness, and resentment contribute to the cause and or cure of cancer?

Can positive or negative emotions affect your body's physical, mental and spiritual health? Is a woman more likely to become pregnant if she were to eat a lot of vegetables or go on a long,

relaxing vacation? Are you more likely to do cancer if you have a hot temper? Do people who laugh a lot live longer? Does your anxiety or fear of crowds, elevators, blood, heights, spiders, hospitals, or airplanes affect your health?

My theory of one sickness, one disease and one health—set forth in what I call The New Biology—considers how our diet affects our physiology, how our psychology affects our physiology, and how our psychology affects our spirituality. The health of our body affects the emotions of our mind, and our thoughts and feelings affect the health of our entire body.

Your mental state is ever so critical. In many ways, a negative mental state can create more metabolic acids than the acidic food that you eat! In fact, you can create two or three times more metabolic acids from your thoughts or your mental and emotional state than from ingesting highly acidic foods like dairy, animal protein, sugar and alcohol.

HOW THOUGHTS BECOME BIOLOGY

Your thoughts are critical. Your thoughts or words become matter, and can affect your physiology in a negative or positive way.

YOUR THOUGHTS BECOME BIOLOGY IN FIVE STEPS: 1. When you have a thought or say a word, it requires electrical or electron energy for the brain cell(s) to produce those actions.

2. As you carry on with that thought, you are burning or consuming energy.

3. When you are consuming energy in your thoughts, you are producing a biological waste products called acids, which are an energetic waste product that can be measured in pH, oxidative reduction potential (ORP), hertz and decibels.

4. If the metabolic acids from your thoughts are not properly eliminated through the four channels of elimination—urination, perspiration, respiration or defecation—then the acids from your thoughts are moved out into your connective and fatty tissues because it must not be allowed to affect the delicate pH of the blood. The delicate balance of the blood must remain quite constant at

7.365 to remain healthy.

5. As the excess and overload of acid are thrown out into the body tissues, this can lead to all sorts of symptomologies—lupus, fibromyalgia, Lyme's, arthritis, muscle pain, fatigue, tiredness, obesity, cancerous breasts, a cancerous prostate, a cancerous stomach or bowels, indigestion, acid reflux, heart burn, heart attacks, multiple sclerosis, Parkinson's, dementia, autism, and the list goes on and on.

For example, let's say you've been doing sadness or depression. This downer feeling is coming from a negative experience that you keep looping and re-looping in your head. It's like a mind movie. It's a mini-drama that you keep playing over and over. And since you are constantly thinking about it, eventually you even start to be worried that you are so preoccupied with the whole affair. So now, in addition to the sad drama, you are experiencing upset over having the drama itself. All of this thinking requires energy, and when you're consuming energy you are also producing metabolic acids.

Do you know any angry people? Many people who become angry easily not only get angry at various people, events, and situations, but eventually they are irritated with themselves for being so angry at everything else. Anger, for instance, requires much energy and emits a great deal of electrical energy. You have undoubtedly felt the vibrational energy of someone who is angry. Or maybe you have felt your own anger and how it can upset your physiology—especially upset your stomach and bowels with excess acid leading to indigestion, stomach pain, acid reflux or ulcers.

CHILDHOOD EXPERIENCES AND CHRONIC EMOTIONS Many negative emotions are chronic and can be traced back to early childhood experiences. It's been going on for a long-time and creating excessive acid all along.

For many people, early childhood represents some of the most fearful and vulnerable years. Have you ever wondered why you can't remember much before age five or six? Many of those years are filled with fears and tears, mads and sads and bads. Do you

remember what happened when you were bad? Imagine the acid from those experiences. In addition to the punitive experience, imagine the acidity a child deals with by simply a) remembering such a bad experience, or b) anticipating the possibility of another such bad experience, or c) both! Some children remember such events forever!

SOME CHRONIC EMOTIONS BEGIN EARLY: “O dear white children casual as birds,
Playing among the ruined languages,
So small beside their large confusing words, So gay against the greater silences,
Of dreadful things you did...”

During these vulnerable and unprotected years, we often plant eternal seeds of emotion that yield an unwelcome harvest of acidic internal results in life. The turmoil between parents and children, not to mention the conflicts between children and children, have been documented by many thousands of social science books and articles.

“Children begin by loving their parents; after a time they judge them; Rarely, if ever, do they forgive them.”

EMOTION: ENERGY IN MOTION

Let's take a look at all of that strong emotion.

First of all, emotions are energy in motion. When you are e-motional, you are energetic, either in a positive or negative way. And if you are energetic, you are literally energy in e-motion. You are now producing metabolic acids at a high rate, which is a waste product of such e-motions.

The rate of acid production in an e-motional state can be even greater than that of someone who is jogging or working out. Your thoughts become biological or metabolic acids that can make you sick, tired, depressed, angry and even too fat or underweight. When you start producing acids with your thoughts, words and

actions, what happens inside? First, you activate the alkaline-buffering systems of the body to neutralize these e-motional acids. The body begins making a primary alkaline buffer known as sodium bicarbonate. It's made in the stomach cells from salt, water and carbon dioxide from the blood; and during its production, it creates a waste product known as hydrochloric acid—a poisonous acidic toxin and cannot remain in the blood or stomach. So it is dropped down into the gastric pits of the stomach.

This is why people get upset stomachs or become constipated when they are e-motional. This increase of sodium bicarbonate is critical in maintaining the alkaline design of the body, the pH of 7.365 for the blood, and for maintaining alkalinity of the interstitial fluids. If these acids, including hydrochloric acid, are not buffered or eliminated through the four channels of elimination, they can create serious health challenges in your body, mind, and spirit.

Positive e-motions, such as love, peace, hope, faith, joy, forgiveness and charity can be alkalizing to the blood and tissues. These e-motions require far less energy and can cause you to be relaxed in your mind and stop the playing of some acidic movie in your head. Students of higher consciousness know that you can even enter into a state of bliss wherein you have no thoughts and wherein you are producing no metabolic acid.

Through personal and clinical research, I find that maintaining the alkaline design of my body with an alkaline lifestyle and diet is vital to living a happier and more blissful life. Having an alkaline day is a way of life that I call Young Living. I guarantee you that Young Charity will go hand-in-hand with the goal of Young Living.

I call this wonderful place “Young Charity” because I exercise and meditate every day. And I love it! It raises my level of consciousness and positive connection with the world. The connections between Young and Charity are numerous. My name is Young, and more importantly, being young is a term we associate with being youthful, energetic, open, optimistic, and filled with excitement. And the

ultimate purpose of life is charity. And charity is the sweetest expression of life. So Young and Charity go together.

The negative emotions of anger, resentment, and fear—being the most powerful and acidifying of all emotions—are all highly acidic to the blood and tissues and in many ways are paralyzing to all bodily functions. Over time, fear of the unknown is likely the most powerful and acidic of them all. Fear is so devastating to the body that even if you're on an alkaline diet, overcoming a serious health challenge is nearly impossible.

In such a dire case, with what may seem to be little or no improvement, you might be wondering if the pH Miracle Lifestyle and Diet may not be working. You may be asking, "What else am I not doing that I should be? How come I feel the way that I'm feeling? I'm eating the right way, I'm drinking the right alkaline electron rich water, but I can't seem to achieve the type of extraordinary health and energy that I'm seeking."

Most cases like this, when you are eating and drinking correctly, come down to your negative acidic e-motions or thoughts that hold you back from achieving extraordinary health, fitness, mental clarity, happiness, and bliss.

However, when you're eating an alkaline diet and doing everything you know how to do, and yet you are overwhelmed with worry, doubt and negative emotions, thank God you're eating an alkaline diet! If your body were not seriously in the alkaline direction, you might well be experiencing a struggle for your life. Your acidic e-motions can literally kill you. The alkaline lifestyle and diet is the saving grace. Knowing that gives you a positive hope that you can hang on to, to get through the emotional stress, and still come out physically and mentally able.

Hope and positive expectations are always the key, and knowing that you are on an alkaline diet can greatly boost your hope and confidence. You can live without food for 40 days. You can live without water for four days. You can live without air for four minutes.

But you cannot live without hope. Hope, positive expectations, confidence in what you are doing, and trust in your good intentions is the key. That's what the pH Miracle Lifestyle and Diet does for you. It gives you hope.

THOUGHT ATTACKS

The leading cause of death today is said to be heart attacks. But people are really having thought attacks, not heart attacks. Over 80% of all heart attacks are emotionally triggered. I say that people don't die of a heart attack. They die of a thought attack that medical science refers to as a heart attack since that's the end result. Can you die from a broken heart? Absolutely! And the cause? Acids from your energy in motion or e-motion. The loss of a cherished love one can increase metabolic acids from the e-motion to the point that it can stop your heart from beating and pumping life-giving blood throughout your blood vessels. Life and death is in the blood, the most important organ of the body.

When I have a client who's in a highly negative acid-forming e-motional situation and all the body fluids, including the blood, will show a decline in the pH, even when this person has been eating an alkaline diet. To buffer the acid forming e-motions, the client will have to hyper-alkalize the blood and then the tissues in order to bring the body back into alkaline balance. When the client is hyper-alkalizing, the pH of the urine will increase into the high 8's and even into the 9's. Hyper-alkalization is necessary in order to overcompensate for the negative acidic producing e-motions and to bring the body back to health, energy, vitality, hope, peace, harmony, love and finally charity.

Do you have a fair chance of healing yourself from a degenerative disease or dis-ease like heart disease or cancer? Can you ever achieve a state of blissful happiness? Can you recover from the devastating shock of a loss or from having been diagnosed with a scary-sounding health challenge? I say "absolutely, yes!" And I just told you how.

LOWER BRAIN, LOWER EMOTIONS

Given the importance of e-motions in cancer or acidic causation, I've been very interested in the unique biochemistry of the "reptilian brain," which includes the Amygdala, a part of the brain associated with the senses and e-motions and their storage or memory. Acid or sugar specifically activates the areas of the Amygdala. I often wish that our traditional medical industry would spend some of their research dollars verifying what I have demonstrated for years—that the pH Miracle electron-rich alkaline lifestyle and diet would be much more calming to lower e-motions of grief, shame, guilt, anger, fear—responses of the reptilian brain—as compared to a toxic chemical drug.

A chemical drug may temporarily calm you down, but it will also inhibit the entire spectrum of normal and healthy functioning of the Amygdala. Most of us still value the healthy functions of socialization, sexual attraction, and the enjoyment of the many feelings associated with home and hearth. All of these wonderful experiences and memories are also functions of the Amygdala—every bit as much as the feisty adrenal functions responding to fight and flight.

In our attempts to find a chemical drug to treat almost everything, we often create more problems than we eliminate. We take one step forward and two steps backward. I know that attention deficit problems (ADHD) respond to an alkaline regimen, and hyperactivity is an Amygdala function. So an alkaline lifestyle and diet would produce less adrenal stress as well (really just the fight or flight mechanism by another name).

The pH Miracle electron-rich alkaline lifestyle and diet is calming to the mind and thus calms the negative e-motions or energy in motion. This appropriate calming of the Amygdala function produces less stress. And, with less stress, you have less acid. And, with less acid, you have less sickness, dis-ease—so-called disease and depression.

CAN EMOTIONS CAUSE CANCER?

I call cancer a four-letter word: ACID. When you are doing negative

acidic emotions, such as anger, revenge, hate, sadness or depression, you are creating metabolic acids that can cause ANY and ALL cancerous conditions across all body tissues. If metabolic acids are not removed via urination, perspiration, defecation or respiration, then they are delivered to body tissues. When constant excess acid from negative (e)motions are poured into the body tissues, the body tissues will degenerate causing a cancerous condition. Pharmaceutical companies are creating drugs addressing symptoms that may give you the illusion of feeling better, but they DO NOT deal with the causative metabolic acids from eating and drinking and negative acidic (e)motions. This can only lead to more physical and emotional pain and unnecessary suffering.

When you are in a negative e-motional state, you will find it impossible to heal your serious degenerative or acidic challenge. But, if you will commit to change and begin the alkalizing process, even if you are not completely out of your state of fear, anger, depression or anger, you will begin to put more Young Life, Young Energy, and Young Charity into your body, mind and spirit.

I find that when you start feeling better, you start thinking better. And when you start thinking better, you start doing better. So, you need not have your e-motions completely under control to start losing weight, feeling better, reversing a serious illness, having more sustainable energy and being happy and mentally and spiritually connected.

When you start the pH Miracle Lifestyle and Diet program, you are making a conscious decision to try to do a little better. And, when you get on this healing path that leads to Young Living, Young Energy, and Young Charity, this gradual alkalizing process you start having those little and then those big pH miracles. You start feeling better and thinking better. And, when you are feeling and thinking better, you realize at some point that you have forgotten your depression and your sadness. Feelings of anger dissipate. Eventually, you even forget what you were upset about or fearful about in the first place.

These changes come about because you feel so good. You are rewriting your epi-genetics with your positive e-motions. You are taking your alkalizing eraser and erasing all your past life's negative emotions. On the pH Miracle lifestyle and diet, your e-motions or energy in motion will finally be under your control. You will become the master of your mind, body and spirit. You will be living an alkaline lifestyle and diet full of energy, happiness, bliss and love. You will be living and breathing Young Charity.

I suggest starting with our support products for opening up the four channels of elimination, hyper-perfusing the blood and then tissues with alkalinity, restoring health to the gut, building healthy blood and body cells and finally creating a healthy body, mind and spirit and a life full of joy, peace, happiness, love and charity.

Physical Connection 159

Section 5: Physical Connection

In this section, we examine the close physical connection to cancer.

Chapter 16 The Body As A Temple of God

"The Doctor of the Future will give no medicine, but will involve the patient in the proper use of food, fresh air, and exercise." Thomas Edison

"Exercise is chemotherapy without side effects." —Dr FiNN Scott aNDeRSeN MD.

The human race has been and in some cases is asleep, and has dreamed that money and property are the true wealth. The result from years of focusing on temporal wealth is seen in the uneasiness that prevails everywhere and the increase in obesity, diabetes, and cancer. The good news is humanity is beginning to wake up. It is unfortunate that it takes human tragedy to realize that it is me, my spouse, my children, my extended families and my friends, that are the most important and most precious things on planet earth. The quality of life is determined foundationally by the quality of your health and those who you love and care for.

The statement that the people who make up a nation or a race are imperfect is no truer than a pile of lumber is imperfect. It is the carpenter's business to take the lumber, which is perfect, and build a beautiful house. So it is with the spiritual man, to take the perfect materials that are everywhere in this present world and build by the perfect law of chemistry and biology, a perfected, harmonious human being. And with this material, apply the same laws to build a perfect society.

Blood is the basic material of which the human body is continually being created or formed. As is the blood, so is the body. Body cells that make up muscle, bone, tissue and organs are created out of the red blood cell. The idea that a body builder builds muscle with protein is a scientific illusion.

The New Biology teaches that strong and lasting muscles are built with blood, not protein drinks, and the quality and strength of the blood is determined by how much green food you eat and drink. How does one of the strongest mammals, the Silver Back Gorilla, build his large and strong muscles or the horse, elephant, cow and black and brown bear for that matter? Is it from drinking protein drinks or taking steroids? No! They all build their muscle with their blood, built on a diet that is high in green plant foods! So is the body, so is the brain. And, as is the brain, so is the quality of thought. As a man or woman builds with green foods, so is he or she. And as a man or woman IS, so thinks he or she.

Solomon's temple is an allegory of a man or woman's temple — the human body. This house is built without a sound of a saw or hammer. And the quality of that temple is dependent upon the quality of the green food, drink, and thought one puts into it. The saying "you are what you eat" or "you are what you think" is at the foundation of your "House of Health."

Your body is the temple of the living God. But man, blinded by selfishness and pride, searches here and there. Scours the heavens with his telescope, digs deep into the earth, and dives into the ocean's depths, in a vain search for the "Elixir of Life" that may be

found between the soles of his feet and the crown of his head. Our human body is a miracle of organization. No work of man can compare with it in accuracy of its process and the simplicity of its law. This law is the law of the universe, the law of opposites or opposition.

As I perceive the complexity of the human body I realize this: at maturity, the human skeleton contains about 165 bones, so delicately and perfectly adjusted. The muscles are about 500 in number. The length of the alimentary canal is 32 feet. The amount of blood in an average adult is 5 liters weighing over 30 pounds or one-fifth of the total body weight. The heart is six inches in length and four inches in diameter, and beats seventy times per minute, 4200 times per hour, 100,800 per day and 36,720,000 per year. At each beat, two and one-half ounces of blood are thrown out of it, 175 ounces per minute, 656 pounds per hour, or about 8 tons per day.

All the blood in the body passes through the heart every three minutes. And during 70 years it lifts 270,000,000 tons of blood. The lungs contain about one gallon of air at their usual degree of inflation. We breathe, on average, 1200 breaths per hour and inhale 600 gallons of air, or 24,000 gallons daily. The aggregate surface of air-cells of the lungs, exceed 20,000 square inches, an area nearly equal to that of a room twelve feet square. The average weight of the brain of an adult is three pounds, eight ounces. The average female brain is two pounds, four ounces. The convolutions of a woman's brain cells and tissues are finer and more del

The Body As A Temple of God 161

icate in fiber and mechanism, which evidently accounts for the intuition of women.

It appears that the difference in the convolutions and fineness of tissue in the brain matter is responsible for the degrees of consciousness called reason and intuition. The nerves are all connected with the brain directly, or by the spinal marrow, but nerves receive their sustenance and regeneration from the blood, and their motive power from the solar plexus dynamic. The nerves, together

with the branches and minute ramifications, probably exceed 10 million in numbers.

The skin is composed of three layers, and varies from one-eighth to one-quarter of an inch in thickness. The average area of skin is estimated to be about 2,000 square inches. The atmospheric pressure, being 14 pounds per square inch, a person of medium size is subject to a pressure of 40,000 pounds. Each square inch of skin contains 3,500 sweat tubes, or perspiratory pores (each of which is like a little drain tile) one-fourth of an inch in length, making an aggregate length of the entire surface of the body 201,166 feet, or a tube for draining the body of endogenous acids nearly forty miles in length.

Our body takes in an average of five and a half pounds of food and drink each day, which amounts to one ton of solid and liquid nourishment annually. So in 70 years a man or woman eats and drinks 1,000 times his or her weight.

There is not known in all the realms of architecture or mechanics one little device, which is not found in the human organism. The pulley, the lever, the inclined plane, the hinge, the "universal joint," tubes and trapdoors, the scissors, grindstone, whip, arch, girders, filters, valves, bellows, pump, camera, harp, irrigation plant, telegraph and telephone systems. All these and a hundred other devices which man thinks he has invented, but which have only been telegraphed to the brain from the Solar Plexus and crudely copied or manifested on the objective canvas.

No waterway on earth is so complete or so populous as that wonderful river of life, the blood stream. It has been said, "all roads lead to Rome." I have discovered that all roads of real knowledge, real health and real fitness lead to the river of life — the blood. The blood is an epitome of the universe. When man turns the mighty searching's of reason and investigation within the river of life, a new heaven and earth will appear. While all body cells are made by the transmutation of blood, the blood is made from the food and supplements that we eat and the liquids that we drink. The 12 cell or

tissue salts with the living anatomical elements—the microzymas—contained in green foods and green drinks are set free by the process of digestion and carried into the circulation through the delicate micro-villi of the small intestine. Air breathed into the lungs enters into the arteries and chemically unites with the cell salts and living anatomical microzymas, and by a wonderful transformation creates blood which then through transmutation creates fresh, bone, muscle, nerves, organs, hair, nails, even a new brain, liver, heart or pancreas.

The quality of the food we eat, the supplements we take, the liquids we drink and the movement or exercising that we engage in determines the quality of the blood. As is the blood, so is the physical, emotional and spiritual body. So is the body, so is the brain. As is the brain, so is the quality of thought. As a man or woman buildeth, so is he or she. And as a man or woman IS, so thinks he or she.

There is no better way to build blood than with the pH Miracle Lifestyle and Diet. If you sick or tired with sugar intolerances, if you are weak and overweight from over-acidity, there is no better way to build your blood and then your body, mind and spirit, than through the four cornerstone principles of your House of Health: 1) Superhydrating with green drinks; 2) an alkalizing and energizing diet that includes liberal amounts of green food and healthy fats; 3) an alkalizing and energizing nutritional supplement program; and 4) an alkalizing and energizing exercise and fitness program for body, mind and spirit.

Chapter 17 Exercise Daily

For the body, mind and spirit.

I consider proper exercise to be a positive addiction. Yes, it's important to exercise, and to exercise properly. You have to move the body to move acids out of the tissues and out through the pores

of the skin or back into blood circulation and filtered out through the kidneys. If you're not sweating, you're not exercising properly.

I love my exercising and it loves me back in terms of its gifts to me. I find myself loving this state of bliss daily, which I know is helping to alkalize my body. That is why I love the alkalizing exercise that I do every day. It's a Positive Addiction. I love to have my friends and guests work out with me as I lead them through the steps. I teach them the Young version of Yoga, known as Younga Yoga. It incorporates proper breathing, stretching, toning, mediation, relaxation, and some sweating to remove yesterday's dietary and metabolic acid and to help bring me into a state of happiness and bliss.

WRONG EXERCISE CAN BE HAZARDOUS

There is this idea in the fitness and body building world that in order to build strength, size and/or endurance you need to go to the threshold of pain. It has been said, "No pain, No gain!" This, my friend is a philosophy or recipe for disaster, especially when dealing with cancer. To understand why, we need to understand: 1) the significance of understanding the acid/alkaline balance when exercising; 2) the significance of cellular respiration or fermentation during aerobic and anaerobic exercise; 3) the significance of fat burning vs. sugar burning and how to tell the difference; 4) the significant role of the lymphatic system and skin during exercise; 5) the types of exercising and body building activities that are alkalizing and energizing for the body, mind and spirit, especially for the cancer patient, and 6) Additional nutritional supplementation that will support the acid/alkaline balance when exercising.

ACID/ALKALINE BALANCE WHEN EXERCISING

Anatomically and physiologically the body is an incredible machine that is designed and meant to move. In order to make a signal movement, the body needs energy and that energy is created by trillions of anatomical elements, microzymas that make up the energy factories of every cell, called mitochondria. It is theorized that

within these mitochondria needed energy is produced for carrying out every body function.

When a combustion engine burns or ferments fuel to create energy for a car a toxin or acid is released called carbon monoxide. When the mitochondria of the cell burns or ferments fuel a toxin or acid is released called carbon dioxide. The type of toxin or acid that is released is determined by two important factors: 1) the type of fuel being burned, and 2) the environment in which that fuel is being burned.

For example: when a sprinter is running a 100-meter race he or she is burning sugar for energy producing a less toxic acid carbon dioxide, which is expelled through the lungs. When the sprinter takes in less oxygen that is needed he or she becomes oxygen deficient and the mode of energy production changes from respiration (meaning in the presence of oxygen) to fermentation (in the absence of oxygen) producing a more toxic acid, lactic acid that is expelled into the tissues.

In order for the body's internal fluids to maintain that delicate pH balance of 7.365, it takes 20 parts of oxygen or bicarbonate to neutralize 1 part carbonic acid or carbon dioxide. That is why you would surely pass out or even die if you stopped breathing for just a few minutes. After the sprinter finishes the race he or she is usually bent over holding his or her knees or lying down gasping for needed oxygen to neutralize the excess build up of acid from the race and regain alkaline balance before passing out or dying. The body will do whatever it has to do to maintain the delicate pH balance of the blood at 7.365 at the cost of expelling acids, like lactic acid, into the tissues. This is when we feel pain. And anytime you experience or feel aches, pain or suffer from irritation or inflammation you are feeling the effect of acid. Therefore, acid equals pain and pain equals acid. When you exercise to exhaustion you are creating excess acids that lead to all sickness and disease, including cancer. Acids burn and break down cells, which causes a rise in blood sugar. The rise in blood sugar can be devastating to the cancer patient and

why exercising to exhaustion or what is called anaerobic exercise or exercising without oxygen can be hazardous to one's health. The fitness and body building ideology of "No Pain, No GAIN" is a scientific illusion. The saying should be, "With Pain (Acid), No (Healthy) Gain."

The most important reason for exercising is to eliminate acids from the body via the lungs through respiration or the skin through perspiration. That is why we have two lungs, not one and 3,500 perspiratory pores on our skin per square inch. Exercise moves acids through these two elimination organs reducing endogenous acidity in order to maintain the integrity of all your cells. So when your internal context or environment is alkaline your cells are stronger and healthier and when they are stronger and healthier than your muscles are stronger and healthier, your heart is stronger and healthier, your pancreas is stronger and healthier, every organ and every organ system can function at its optimum level in a balanced pH environment without pain. In fact, in a perfect alkaline state your microzymas, which can never die, would remain in their current healthy cellular state and never break down or theoretically die.

I am suggesting that life and death is a choice, and the choices you make determine the outcomes of your physical and emotional life. Cancer cells live indefinitely in a cup of coffee at 5.5 pH. Cancer cells breakdown in an alkaline pH of 8.0 or above. A healthy human cell could live indefinitely in an alkaline state of 7.365 pH. When you over exercise or exercise anaerobically you put 75 trillion cells in your body at risk, not for gain, but for loss. Look at some of the athletes we assumed to be healthy and #1, like Jim Fix, the marathon runner or the sprinter Florence Joyner-"Flo Jo," who prematurely died from a heart attack. You hear about athletes every year who die suddenly on or off the track, field or court.

The May 19th, 2003, Newsweek cover story on "Treating Pain" states that pain is the #1 reason Americans visit the doctor at an economic cost of \$100 billion a year. Over 10 million children suffer

in America from chronic and acute pain that is leading to the increase in childhood diabetes.

Why? The cause is over-acidity in the blood and tissues, due to an inverted way of living, eating and thinking, leads to pain, suffering and even death. It is the cause of heart disease, cancer, and diabetes. It is the cause of sudden unexplainable death. It is the cause of all sickness and disease. It is the cause of obesity and it is the cause of muscular breakdown or atrophy. It is the cause of all pain and suffering!

On the other hand, you have an athlete like Ultra Marathon runner and world record holder Stu Mitt leman who ran across American in 57 days doing the equivalent of 2 marathons a day, every day for 57 days without the side affects of excess acid. He understood the importance of burning fat rather than sugar and drank his greens and drank his purred green soups with avocados and other good fats while he ran healthfully across America. The idea of carbohydrate loading before a physical event is physiological suicide. In his book, Slow Burn, Stu Mittleman teaches the significance and importance of burning fat rather than sugar in life and in exercising.

Burning fat produces twice the energy with half the acid production vs. sugar or protein metabolism that creates twice the acid with half the energy production. This is significant when you are trying increase energy and move acids out of the body at the same time. The key to healthful exercise, especially for the cancer patient is Never Go To Pain. If you're in pain you're burning sugar and you're in a state of acidosis or "The Cycle of Imbalance." Stop exercising immediately. Begin immediately hydrating with a green drink and pH drops!

Here are 18 physical and emotional signs of burning sugar vs. fat: 1) You are light headed. 2) You are dizzy. 3) Your thinking becomes cloudy. 4) Your hands or feet are cold. 5) You have tingling in your extremities. 6) Your peripheral vision narrows. 7) You can hear yourself breathing. 8) You are inhaling and exhaling through your mouth instead of your nose. 9) When running or jogging you become

disconnected with your environment. You cannot hear the sound of your feet hitting the road. 10) You have burning sensations in your body. 11) You cannot carry on a conversation while exercising. 12) Your brow is furrowed and tight. 13) Your fists are tight. 14) Your muscles are tight. 15) You have a knot in your throat. 16) You become agitated or are anxiety ridden. 17) Your sweat smells like ammonia. 18) You are experiencing systemic or localized pain in your body.

In comparison when you are burning fat vs. sugar you will experience these 14 physical and emotional signs: 1) You have a peaceful feeling. 2) You feel grounded. 3) You feel connected to your external environment. 4) You feel no pain. 5) You have a sense of euphoria. 6) Your mind is clear. 7) You can carry on a conversation while you are exercising. 8) Your facial expressions are relaxed and happy. 9) Your peripheral vision is widened. 10) All your senses are enhanced: vision, hearing, sound, etc. 11) You are inhaling and exhaling through your nose not your mouth. 12) Your breathing is quite and easy. 13) You will feel more flexible. 14) You feel in the zone.

Choosing to burn fat as your main source of fuel for energy in life and especially during exercise will minimize acidity, increase energy and vitality, increase strength and endurance, improve the performance of all bodily functions and will extend the quality and quantity of your life.

In 2001, I conducted a six-month study at the United States Army Academy at West Point with the gymnastic team using an alkalizing green drink and pH drops. During the 6 months, all the participants noticed an increase in energy; a decrease in acidity or lactic acid build up after work outs and meets, a decrease in the recovery time after workouts and meets and a notable increase in their performance.

Exercising aerobically without pain will help you remove endogenous acids from your body fluids and tissues and will help provide the

alkaline context or terrain for the regeneration and healthy function of all body systems, especially the exocrine and endocrine system.

Chapter 18 Lymphatic System and Skin

What role do they play in curing cancer?

Have you ever wondered why you lose tone and strength or experience muscle atrophy when you stop exercising? When you stop exercising your lymphatic system cannot move or vacuum the built up acidity in the tissues so the acids begin tenderizing your muscles like Heinz 57 sauce tenderizes a steak. Acids will turn a body's muscles and organs to mush if one does not move their body. And the best way to move the body is with regular aerobic exercise. When you move your muscles you pump the lymphatic system, which in turn pulls, or vacuum's the acids, like lactic acid, out of the tissues.

Most people have no idea what that lymphatic system is, let alone what it does. So what is the Lymphatic System? The Lymphatic System is a Secondary Circulatory System that follows the blood. Wherever, blood vessels go, so goes the lymphatic vessels. The blood goes out to the cells and back, however the lymph fluid only moves one way, towards the heart.

Unlike the Circulatory System, the Lymphatic system lacks a pump to propel the lymph. It relies on new lymph pushing the old lymph and pressure changes in the thoracic duct caused by respiration (breathing, especially deep breathing). Muscular activity, like regular exercise generates a massaging action that stimulates the flow of lymph in the lymphatic vessels.

Here are four important facts to understand: 1. Everything you eat or drink goes into the digestive system and ends up in the small intestines. 2. The intestinal villi have lymphatic lacteals. They both absorb all your nutrition and take it out into the blood stream and lymph to feed and bring nutrients to your cells. 3. Like an ocean tide,

the liquids bath all of your cells and tissues. 4. Blood and Lymphatic capillaries receive back the fluids to further filter, and detoxify them from acidic toxins and cellular debris and send them to the lungs, liver, kidneys and skin for excretion.

The lymphatic system is an accessory route to seven functions: 1. Remove excess fluid, acids and debris away from the cells. The debris consists of blood proteins, fat globules, pigment, granules, bacteria, yeast, mold, fragmented cells, other debris and waste from chemical reactions within the cells. 2. Break down the debris in the lymph nodes, keeping your cells and the surrounding context free of acids and debris, which would prevent cells from receiving essential oxygen and nutrients. Removing the excess fluid helps to eliminate swelling and fluid retention. The blood capillaries recover about 80 to 98fl of what leaks out of the blood stream. That leaves 2 to 20fl to find another method of rejoining the blood stream. The lymphatic system is the answer. 3. Return to the blood, proteins and other substances that have escaped from the blood. The liquid components of blood do not stay within the blood vessels but tend to leak out through the spaces between the cells that make up the walls of capillaries, the smallest blood vessels. Lymph is the fluid that filters out of the bloodstream and when present in excess amounts is known as edema. This fluid accumulates at a rapid rate and if there were no mechanism for its return to the bloodstream, we would die in about 24 hours from circulatory failure. 4. Regulate the fluid volume and pressure in the tissues. 5. Transfer digested fat from the intestine to the bloodstream. 6. Transport lymphocytes and other immunocompetent cells throughout the body. 7. The lymph nodes produce lymphocytes.

BODY'S JANITORIAL SERVICE SCIENCE

The Janitorial System or Immune System and the Lymphatic System work in concert together to keep the body free from acidic toxins, biological transmutations, like bacteria and yeast, and other cellular debris like cell fragments. Lymph fluid houses white blood cells,

which produce antibodies to bind to antigens or microforms and acids.

STRUCTURE/FUNCTION OF THE LYMPHATIC SYSTEM The Lymphatic System is similar to the runoff of a mountain after a rainstorm. As the water starts to run down hill it follows no pattern.

The

small trickles are very random and are never the same. The trickles (lymphatic capillaries) join together into little streams (lymphatic vessels) and

they become larger and larger until they are rivers and often enter ponds

and lakes (lymph nodes). The rivers join the ocean (the bloodstream) for

the process to start again.

Lymph is the clear fluid that bathes the cells of the body. In these interstitial spaces the lymph is constantly interacting with the blood

capillaries. The lymph surrounding the cells helps the blood to deliver nutrients, eliminate acid waste and enables the exchange of oxygen and carbon dioxide. Lymph is plasma that has moved from the blood into the interstitial spaces or the spaces around the cells. It contains very few red blood cells, less protein and oxygen than blood plasma and has a high content of white blood cells, especially lymphocytes. It is similar in substance to sinovial fluid, which lubricates the joints. Lymph fluid is also called interstitial fluid or tissue fluid. It is classified as a tissue fluid because of the number of living cells it contains.

Lymphatic capillaries are the start of the lymphatic system. They begin blindly in the interstitial spaces where the lymph fluid drains into them. Lymphatic capillaries allow larger molecules, like blood proteins, to pass through their walls. The only place that lymphatic capillaries are

not present is in the central nervous system and the brain.

Lymphatic vessels are formed by lymphatic capillaries joining together.

They are drainage channels into lymph nodes, catch basins for toxic

acids

or cellular debris. The body has twice as many lymphatic vessels as blood

vessels but their size is much smaller than the blood vessels. Lymph vessels have thinner walls than the veins and have more valves. The one-way

valves cause a beaded appearance in the vessel. The vessels are lined with

a thin, smooth wall of muscle. The lymph is moved forward when the muscles contract when breathing, moving or exercising. The

lymphatic

vessels lead into the lymph nodes for the lymph fluid to be filtered.

One challenge for the physiologist is to explain why lymph vessel walls

seem to be permeable in one direction only. Experimentally, bacteria, red blood cells, and graphite particles have been shown to penetrate the

lymphatic system without difficulty. Yet once these substances have penetrated, they seem to be retained and to find their way back into the

bloodstream via larger ducts without leakage. Afferent vessels are the vessels leading into the lymph node. There can be many vessels coming in at

different locations on the lymph node. Efferent vessels are the vessels that

leave the lymph node after filtration of the lymph fluid.

The lymph nodes vary in size and shape from a hemp-seed to an almond shape. The body can have between 400 and 1,000 lymph nodes.

Half are in the abdomen region and around the organs of the body. These

catch basins for cellular debris and acids embody a large numbers of leukocytes embedded in a network of connective tissue. The lymph fluid

being returned to the bloodstream passes through several lymph nodes.'

The lymph nodes are check stations for the lymphatic system. They

filter and purify the lymph from cellular debris and acids. They act as a quarantine for noxious acidic products of inflammatory or malignant lesions and then breakdown those products.' They reabsorb some of the water, because the lymph is 95% water, thus concentrating it. They produce lymphocytes, which are released into the blood for janitorial support. When the production level of lymphocytes in the lymph nodes is increased and released into the blood to clean-up acid waste and cellular debris, the lymph node begins to swell.

The lymph nodes serve as a center for the production of phagocytes (white blood cells that collect garbage), which engulf bacteria and acidic

poisonous substances.' During the course of any excess acidity from lifestyle or diet, the lymph nodes become enlarged because of the large number of phagocytes being produced; these lymph nodes are often painful and inflamed because of the acidity and cellular debris. The swollen

glands most often observed are located on the neck, in the armpit, and in the groin.

Lymph nodes are divided into several compartments, which contain white cells or lymphocytes. If the lymph node cannot cope with the increased acidity and/or cellular debris, outflow will set into the lymph

nodes and the acidic fluid will enter the blood compromising the delicate pH balance of the blood.

The lymphatic system is the vacuum cleaner of the tissues and blood and is responsible for keeping the internal fluids of the body free from

excess acidity, biological transmutations and other cellular debris. When

you over-exercise and build up lactic acid in the tissue it is the lymphatic

system that cleans the acidity out of the tissue. This is why you see runners or even racehorses take an extra lap before stopping,

helping to move
lactic acid build-up out of the tissue. Always remember if you are
feeling
any pain in the body then you are feeling localized acidity that can
only
be removed by and through the lymphatic system.

LYMPHATIC SYSTEM BLOCKAGE

What are the causes lymphatic system blockage? I see eight causes:

1) Large-molecule proteins produced as a result of tissue breakdown; 2) Acidic foods like beef, chicken, pork, eggs, protein drinks, high sugar foods, processed fats and foods not properly digested; 3) Lack of regular aerobic exercise-lymphatic fluid relies on movement of the muscles to remove cellular debris and excess acid; 4) Toxic chemicals-medications, preservatives etc.; 5) Anger—when we become angry our bodies produce acids that are toxic to our bodies, capillaries dilate and release blood proteins which are too big to enter back into the blood stream; 6) Cellular waste from chemical reactions in the cells; 7) Other by-products that cannot be picked up by blood stream, such as trapped blood proteins, and, 8) Acid builds up when the lymphatic system slows down due to stress, fatigue, lack of physical activity, over exercise or anaerobic exercises, certain food additives and emotional shock.

What happens when the lymphatic system is sluggish or blocked?

Here are eight common symptoms: 1) Pain from acidic buildup due to lack of oxygen to the cells; 2) Lower levels of efficiency in the body; 3) Blocked circulation due to acid build up; 4) Fluid retention to neutralize acidic build up; 5) Cellular displacement; 6) Systemic and localized pain from acid build up; 7) Loss of energy from acid build up; and 8) Degenerative disease, like cancer, and even death due to excess acidity.

All pain is caused by unoxygenated cells and tissues that lead to cellular breakdown and the expression of debilitating acids. Pain always is an indication of acid build up in the tissues and blockages in the lymphatic system.

When the lymph slows down the cell is suspended in an acidic moat. Fresh oxygen and fuel (glucose or fats) cannot get to the cell. The glucose then ferments creating toxic acids in the interstitial spaces causing the body cells to begin their biological transmutation because of the lack of oxygen and a compromised pH environment. The biological transformed cells have a ferocious appetite for sugar and feed on the fermented glucose. This is the beginning stage of sugar intolerance that leads to cancer. If and when the lymphatic system cleans out the acid moat, then and only then can oxygen and glucose get into the cell for cellular energy? This is a critical point for the cancer patient to understand and why regular healthful aerobic exercise is so important. When you move your body through regular aerobic exercise, you pump lymphatic vessels that vacuum's and pulls out acidic toxins and cellular debris in the tissues left behind by the blood from sugar and protein metabolism, which in turn leads to a more alkaline environment in the tissues and a healthier and energized body.

Chapter 19 Alkalizing and Energizing Exercise

These are especially key when dealing with cancer.

Certain types of exercising and bodybuilding activities are alkalizing and energizing for the body, mind and spirit, especially when dealing with cancer. There are several passive forms of exercise that are excellent for moving the lymphatic fluids that in turn will reduce endogenous acidity, leading to outstanding health and fitness.

The first is a special kind of massage called the Lymphatic massage. In her book *The Complete Book of Massage*, Claire Maxwell Hudson describes the benefits of massage. She states, "A massage has profound effects on the health of the person being massaged.' It improves circulation, relaxes muscles, aids digestion and, by stimulating the lymphatic system, speeds up the elimination of waste products. These direct benefits of feeling cared for and cosseted, quickly produce a marvelous feeling of well-being that cannot be matched by modern drugs."

The lymphatic system was recognized as early as the Greeks who named the lymph in the lacteals (which are lymphatic capillaries in the intestines). Hippocrates correlated ill health to lymphatic temperament. Dr. Emil Vodder a European physical therapist developed Manual Lymph Drainage.

In his book, *The Touch that Heals*, Dr. William N. Brown states, "Wouldn't it be wonderful if we could just walk into our doctor's office and say, 'I want you to increase my body's ability to use nutrients, balance my hormones, reduce my level of stress, cleanse my body, strengthen my immune system, and do it all in one hour!' All of this can be accomplished with lymphatic manipulation. This revolutionary technique is an immune-strengthening gentle massage, developed in Europe in the 1930's by Dr. Emil Vodder of Denmark. Refinement of Lymphatic Manipulation by Dr. Asdonk, in a clinic in the Black Forest region of Germany, and research done by Foldi, Mislin, and others have proven the effectiveness of this technique. This modality is fully accepted by the medical insurance plans in Europe and doctors write prescriptions for this treatment routinely there. (This technique was refined and improved by Dr. Vodder's Student, Dr. Anita Childs). I studied lymphatic Manipulation with Dr. Childs, and have practiced it for over 12 years with excellent results. These results are even greater when combined with holistic nutritional therapy."

BENEFITS OF LYMPHATIC MASSAGE

Lymphatic massage will move acidity from sugar and protein metabolism and thus help or even eliminate many symptomologies, including: edema, toxicity swelling, fibromyalgia, tenderness or over-sensitivity to touch, leg cramps, carpal tunnel syndrome, tennis elbow, sciatica, stress, tired and overworked muscles, bursitis, Multiple Sclerosis, cellulite (in combination with health eating habits and exercise) headaches, anxiety, and recovery from injuries and surgery with less scarring.

When muscles are overworked they produce lactic acid. After a lymphatic massage the acids and waste material surrounding the muscle is removed and the muscle has more power because of

increased efficiency. This also means that the acids in or around the tissues of the body are also eliminated. Lymphatic massage can increase recovery and/or healing time by 30% and there is 30% less scarring.

After the massage it is normal to feel sluggish, foggy, fatigued and nauseated. This is due to the amount of acids that were in the stagnant fluid in the tissues that are now be handled by your body. Drinking your green drink or alkalized and energized water will help your body to rid itself of the acidic toxins.

WHY LYMPHATIC MASSAGE IS DIFFERENT

Lymphatic Massage is different from other modalities of massage in three ways:

1) The massage therapist pumps the lymph nodes; 2) the massage therapist works toward the lymph nodes, and 3) the massage therapist works in the connective tissue that houses the lymphatic vessels

The main lymph nodes the massage therapist pumps are at the clavicle, the axillary, in the armpit, the cubital, the bend of the arm, inguinal, the bend of the hip and popliteal, the backside of the knee. The pumping of the lymph nodes is similar to the primer on a lawn mower. When the primer bulb is compressed the gas in the primer is pushed toward the engine. When the primer is released, the bulb expands and creates suction to pull the gas from the tank into the bulb. Applying pressure to the lymph node pushes the lymph in the node toward the heart. When the pressure is released, the node expands, pulling the lymph into the node. This increases the lymph flow in the body.

The lymphatic vessels have one-way valves that go toward lymph nodes.

If you apply pressure away from the heart you cause a back flow in the lymphatic system. Working away from the heart increases blood flow. However, the arteries are very deep and close to the bone making it difficult to work on them. The arteries carrying the blood have incredible power because the blood has just been pumped

from the heart and working with the effects of gravity. The veins returning to the heart are closer to the surface making them very accessible. They also have one-way valves and are going against gravity. These veins need the assistance of massage. Lymphatic massage is achieved by massaging the lymphatic vessels in the connective tissues that holds muscle to the bone. Because the Lymphatic system has no pump to move the fluid it relies on motion produced by muscles being active, breathing, and arteries. Lymphatic massage is an outside force that moves the stagnated lymph through the vessels and allows the fresh lymph to occupy the space.

Shelley: I've seen miraculous results with treatments of lymphatic massage, anywhere from 12 massages to 20 massages. I've seen many conditions clear up including carpal tunnel syndrome, and of the "itis"—arthritis, bursitis, etc. And even sometimes as a massage therapist, you'll hear in training in schools that they would like you not to do massage on cancer patients. And the fear that's being promoted is that if you massage a person with cancer, you can actually spread the cancer to other areas of the body. Dr. Young's take on this is quite a bit different. He believes that we need to accelerate the release of acids from the body and believes that people suffering with cancerous types of situations and degeneration can receive benefit from having this massage. Patients who stay on the ranch under his direction receive a lymphatic massage once every day to start removing these toxins from the body. So lymphatic massage is focused on the lymphatic system. The lymphatic system is a meandering network that closely parallels the vascular system. Some people are surprised to find out that there are many organs in the body that are related to the lymphatic massage. Our tonsils are some of our biggest, that you could almost call them lymph nodes. Tonsils are our first line of defense for whatever comes into our mouth. This is part of the lymphatic system. The thymus is part of the lymphatic system. Of course, most people are aware that they have lymph nodes; many of you have felt lymph nodes, deeply embedded in your armpits. You may have seen them on the neck of a child that's very slight and thin. Sometimes they'll be showing on the side

of the neck. Lymph nodes are also showing on the groin. You can have between 400 and 1,000 lymph nodes in your body. It can vary between different races and cultural types. The lymphatic system also includes major organs of the body—the liver, spleen and appendix. If any of you've had your appendix burst, you can realize that we've short cropped the lymphatic system by taking the appendix out. Probably the body was so acidic that it finally got backed up in that area and the appendix was kind of a little valve there that burst and needed to be taken out. Bone marrow is considered part of the lymphatic system. Another thing that most people don't realize is that you have lymph nodes wrapped around every major organ in the body. You have lymph nodes around your heart, around your kidney. You have lymph nodes strung all around your intestinal tract, the root system of the body. These are called Peyer's patches in the small intestine. There are actually lymph nodes there. Almost anybody who has dealt with cancer who goes under surgery will have a surgeon that will probably take several lymph nodes and have them tested as part of his effort to find out if there's any occurrence of spreading to the lymphatic system in the body.

The lymphatic system has an organ deeply embedded in the center of the body called the cisterna chyli. This organ is one line of defense as a rationing organ that holds toxins and delivers rationing amounts to the liver, kidney and lungs to excrete these from the body. Lymphatic massage actually works on the lymphatic vessels of the body, which have oneway doors like the vascular system. These doors open toward the heart.

In a lymphatic massage, the strokes of a trained therapist will always be toward the heart. You'll never have a down stroke on an arm or leg. All the strokes will be up toward the heart and up over the shoulders and towards the heart as the therapist works on the trapezius muscle and the rhomboids—places where the lymph drain. On the one side of the body, there's the main thoracic duct, which is related to the thoracic area of the body. This is where the whole left side of the body would drain. And the right side of the body is

drained through the main lymphatic duct on the right side. These both go through the clavicle of the body, then down toward the cisterna chyli.

I encourage those of you who are dealing with any type of degenerative disorder to consider having a lymphatic massage. If you don't have a massage therapist in your area that knows lymphatic massage you can go to any masseuse who gives a good Swedish massage or a good therapeutic massage. It doesn't necessarily have to be deep tissue. The lymphatic vessels are close to the skin and what you would want is just a medium touch on the massage with all of the strokes going toward the heart and you would still be moving lymph. It's one of our accessories to the main protocol of detoxifying the body and alkalizing the body. At our pH Miracle retreats, we use hot stones along with those strokes in a lymphatic massage.

HELP YOUR LYMPHATIC SYSTEM

Here are 10 things you can do to help your Lymphatic System maintain the delicate pH balance of the body fluids at 7.365

1. Deep breathing is very important to release and eliminate acidic toxins and increase lymphatic flow. When the lymph and its acidic toxins are deposited into the bloodstream the first organ they reach are the lungs.' Deep breathing will help to expel these acidic toxins so your lymphatic system doesn't have to work as hard.

2. Passive or low impact aerobic exercise that stimulates the Lymphatic and Circulatory System like:

Walking is a great way to get the muscles moving to pump the lymphatic fluids moving acids out of the tissue and increasing circulation. I suggest walking long enough or far enough until you break a sweat. Sweating is one of the best reasons for exercising and is an excellent way to move acidic gases and fluids out of the body through the third kidney, the skin. It usually takes 20 minutes for a man to begin sweating and 30 minutes for a woman. When walking stay relaxed and aware of everything around you and make sure you are breathing in and out through your nose.

Jogging should be done prudently. One big mistake that joggers make, according to world record holder and long-distance runner, Stu Mittleman, is in the size of the shoes worn. For example, my dress shoe size is 9 ½ but my jogging shoe size is 10 ½. This gives my feet the room they need. As the foot rolls forward, the foot spreads requiring more room. If the needed room is not there, this will cause irritation, inflammation, sores, pain, blood blisters, and in-grown toe nails. Jogging should be a pleasurable experience, not a painful one, and should always be aerobic not anaerobic. If you begin experiencing any pain while jogging, slow down and walk for a while until the pain subsides. Breathe in and out through your nose, not your mouth. And work up a sweat. This means you have increased blood and lymphatic circulation and thus reduced systemic acidosis. And when you reduce acidity you improve health and fitness through maintaining the delicate pH balance of the internal body fluids.

Swimming is one of the best low impact aerobic forms of exercise. The only draw back to swimming every day is the availability of a lap pool.

Yoga (and Pilates) Yoga is the oldest of the physical disciplines. According to the Pilates Method Plus by Jennifer Kries, "It is an immortal art, science and philosophy. It is the true union of ones will with spirituality-the disciplining of the intellect, the emotions, the body and the mind. Yoga also offers a balancing element emphasis not found in Pilates but Pilates and Yoga alike they both focus on the mind, body as a integrated whole." Yoga is good for many symptomologies, including cancer. Yoga improves muscle tone, flexibility, strength and stamina, reduces tension and improves circulation and oxygenation through breath, boosts self-esteem, improves concentration through mind body awareness, lowers fat, stimulates the janitorial service and gives you a sense of well-being through calming the nervous system.

3. Resistance weight training is referred to as "high-intensity, low-force exercise" according to former top professional bodybuilder Mike Meltzer, in his book, *Muscles in Minutes*. He suggests, "Using weights that allow for the performance of 6 to 15 repetitions is low-to-moderate force. As long as you perform the suggested exercises in a

controlled, slow manner, the forces will never exceed those imposed by the actual resistance. This form of exercise is perfectly safe-far safer than jogging or almost any other exercise activity.” To gain maximum benefit from resistance weight training you need to understand the word failure. For example, let’s assume you are doing barbell curls with 30 pounds, and you just completed the eighth repetition with considerable effort. Try to perform the ninth, and if you can’t lift the weight completely to the top, cease immediately. You have completed the exercise. You have also created through the resistance a positive energy field, around the bicep muscle that attracts the flow of blood to the bicep, due to the blood’s negative electrical surface charge. As the blood flows into the positive energy field, this is where and when the blood biologically transmutes into new muscle cells to support the new stress created by the resistance training. This is why you can create new muscles not only in minutes but also in seconds.

The theory of the New Biology suggests that it is the blood that becomes muscle, and the quality of the muscle is determined by the quality of the blood and the quality of the blood is determined by the quality and quantity of green foods and green drinks in your diet. The size and strength of any muscle is not determined by the quality or quantity of protein one is eating but by the quality and quantity of high chlorophyll foods one is eating to build strong blood cells. All of the strongest animals in the world are a witness to this theory of a diet high in chlorophyll content foods.

In their book on resistance weight training, Static Contraction, Peter Sisco and John Little. The author suggest lifting a weight and holding that weight statically for a period of only 15 seconds at two or three inches below lockout (strongest range), and held there without any up or down motion. Intensity is increased by progressively holding the weight for longer periods of time. After 15 seconds the weight would begin to descend or ascend, in the case of a lat pull down or similar movement. When a weight could be held for 30 seconds, the weight is then increased sufficiently so that the person could hold the weight for only 15 seconds, and the progression would start over again.

Static Contraction weight training creates a positive energy field at

the point just below lockout, which then attracts the flow of blood to this point of stress causing a biological transmutation of blood cells to muscle cells to support the increased weight. This is how you create muscles in seconds without overstressing the body. The greater the intensity applied during training, the greater the growth stimulation and the briefer the workout. I refer to this type of weight training more accurately as static attraction because of the opposite energy fields or poles created in the body during the training. I perceive the objective in building muscles should never be to see how much exercise you can tolerate, but rather just how little exercise is required to stimulate and create a static attraction whereby increase in muscle size and strength can be accomplished. This same phenomenon happens when the body is injured, such as in a broken bone or a cut. When measuring the energy fields at the break or cut you find a positive energy field of positive 8 to 10 millivolts. As blood flow increases to the break or cut as a result of static attraction, the energy field changes to a negative 8 to 10 millivolts. It is in this energy field of negative 8 to 10 millivolts that the blood biologically transmutes to skin, bones, nerve cells, etc., that brings about the healing or regeneration of the bone or the healing of the cut. When the regeneration or healing has taken place the bioenergy fields revert back to their normal energy field of negative 1, millivolts.

With resistance weight training, you only need to be in the gym for 20 to 30 minutes at most. After the break-in period, about two weeks, the amount of time in the gym will reduce to about 10 to 15 minutes. The principle of “less is more and more is less and less more often is better than more less often” applies here to resistant training. You do not need to take supplemental protein in your diet to build muscles. Muscle cells are built from blood not protein, and blood is built with green foods and green drinks. Before starting any weight-training program, consult with your physician.

4. Acupuncture or Acupressure creates a point of stress know as piezoelectricity or a positive energy field. This positive energy field created by the needle or the finger or hand pressure causes an increase of blood flow and a static attraction to the positive pole or the point of the needle or pressure. The blood will biologically

transmutate into new body cells to facilitate healing and regeneration in the area of the body that is stressed. This is why acupuncture and acupressure can be helpful for anyone who is sick and tired, or challenged with a chronic condition like cancer. 5. Jumping on mini-trampoline like the Fitness Trampoline or the Cellerciser. David Hall, creator of the Cellercise, states, "Cellercising uses a vertical movement like weight lifting, push-ups, pull-ups or sit-ups in a repetitive up-and-down motion. However, these conventional forms of exercise target and isolate specific muscles or muscle groups making it time consuming, often tearing down and damaging the body to build it up. Cellercising flexes all 75 trillion cells at the same time!" Even better, it requires only 15 minutes twice a day.

Unlike jogging, walking, bicycling, weightlifting, Cellercising is isotonic, isometric, callisthenic and aerobic all in one: 1) Isotonic: moving up and down on the Cellerciser is full body weight bearing activity and strengthens muscles, connective tissue, ligaments and bones. 2) Isometric: by altering the angle of the body, specific cells resist "G-Forces." This tightens, lifts and tones internal organs, muscles, even skin cells. 3) Callisthenic: is another form of resistance training that uses your own body weight to create the static attraction rather than free weights or machines. Different techniques can be used to target every part of the body, including thighs, knees, hips, buttocks, waist, stomach, arms, chin, and intestines. 4) Aerobic: for 15 minutes, twice a day, you can challenge every cell in your cardiovascular pulmonary system. Cells expand and contract through vertical, or up-and-down movement on the Cellerciser. This movement creates a cellular massage to increase circulation, improve lymphatic drainage, break up lymphatic blockages, open blood vessels, and strengthen the cell membrane. Healthy and strong cells are more resistant to cellular breakdown. During Cellercise, all 75 trillion cells flex nearly 100 times per minute, cell by cell, strengthening the body from the inside out.

In his article, "Don't Exercise, Cellercise," Dr. Morton Walker states, "Cellercise provides a stimulus for free-flowing lymphatics which drain away potential poisons from the cells. Unlike the arterial blood supply system, the lymphatic vessels do not own their own pump. They have no heart muscle to move the lymph fluid through their

transfer channels. Muscular contraction, gravitational pressure, and internal massage of the lymph duct valves activate the flow of lymph away from tissue and back to the main pulmonary circulation.

Cellercising supplies all three methods and blood enters the capillaries, supplying the cells with fresh fluid containing food and oxygen. The bouncing motion moves and recycles lymph and blood through the circulatory system many times during the course of a cellercising session and promotes a healthier bodily environment.”

One valuable exercise performed in the Cellercising program is a twisting motion. “The effect of this twisting action on the digestive system is significant,” says Lawrence R. Stowe, Ph.D., of Atlanta, Georgia. “It is difficult, if not impossible, to exercise the smooth muscles of the intestinal tract. These muscles are needed for elimination of digestive waste. But even these muscles receive a daily tune-up with Cellercise.”

Here are 25 reasons for Cellercising at least twice a day for 10 to 15 minutes:

1) Increased balance and coordination; 2) Reduced chances of cardiovascular challenges

3) Increased production of red blood cells; 4) Aid in lymphatic circulation; 5) Strengthen heart and other muscles in the body; 6)

Lower resting heart rate; 7) Reduces cholesterol and triglyceride levels; 8) Increased stimulation of metabolism; 9) Improved vision;

10) Increased heart capacity; 11) Greater circulation and increased oxygenation to the tissue; 12) Increased thyroid output; 13)

Expanded body capacity for fuel storage 14) Increased muscle vigor and tone muscle fiber; 15) Reduced aches and pains from lack of

exercise; 16) Reduced headaches and back pains; 17) Improved digestion and elimination; 18) Improved sleep and relaxation; 19)

Improved mental performance; 20) Keener learning processes; 21) Less fatigue and menstrual discomfort; 22) Improved janitorial

service or white cell activity; 23) Improved glandular function; 25) Loss of excess weight.

Paul E. DeVore, M.D. advised that Cellercising uses calories 11 times faster than walking, five times faster than swimming, and three times faster than running. He also suggested that Cellercising burns calories more efficiently than other forms of movement because all

the body's cells are using energy simultaneously. Instead of flexing muscles, Cellercising is squeezing and releasing acidic products from every single cell resulting in elimination of excess water and waste.

I believe that daily Cellercising is one of the best low-impact aerobic activities for young and old that you can do anytime in the convenience of your own home that eliminates up to 80fl of the impact on the bones and joints and at the same time moves acids out of the tissues from sugar and protein metabolism by activating the lymphatic system. This in turn provides for a cleaner internal environment and a healthy and fit body. For the cancer patient, Cellercising is one of the most important daily activities in boosting your immune-fighting cells and your overall immune system. For more information on Cellercising, go to www.thephmiracle.us.

6. The Cross Trainer is another excellent low-impact aerobic exercise apparatus that works the lower and upper body in a back and forth forward movement, like walking or jogging. This equipment has several settings that regulates time of exercise, speed of exercise, distance, heart rate, resistance on both legs and arms and the type of terrain the exercise can take place, whether level or up and down. I recommend at least 30 minutes a day starting out on the lowest settings. I find the Life Fitness Cross Trainer to be the best all round cross trainer. You can find the Life Fitness Cross Trainer in most good gyms.

7. Self massage-always rub toward the heart. When massaging you must always move your hands towards the heart to increase the lymphatic flow. Using a brush on dry skin working toward the heart to help your lymphatics. When body brushing or self-massaging work the area immediately around the lymph node first, and then always apply pressure toward the node. Work your way away from the node. Similar to working a snarl in your hair, you would work the end, clear that area then work the next section and up until the snarl is cleared.

8. Dry Heat Sauna is one of the best passive exercises because of the radiant heat of an infrared sauna causes a profound deep sweat. Because of the level of pollution we are exposed to and its many sources, as well as poor dietary and exercise habits, the therapeutic value of regular sweating has become immense. It benefits body,

mind and spirit—the primary benefits of exercise. After about 30 minutes of exposure, the blood vessels of the skin dilate to allow more blood to flow to the surface to support the cooling process. The millions of glands covering the body are infused with fluid from the blood. In turn, they empty to the skin's surface, thereby flushing large amounts of toxins, including toxic acids and heavy metals, from the body.

A radiant heat sauna provides these seven benefits: 1) speeds up metabolic processes of vital organs and glands, including the endocrine glands, like the pancreas; 2) inhibits the development of pleomorphic microforms and creates a “fever reaction” of rising temperature that removes their acidic wastes; 3) increases the number of leukocytes or white blood cells in the blood to help clean up the internal terrain; 4) places demand on the heart to work harder, thus exercising it and also producing a drop in diastolic blood pressure (the low side); 5) stimulates the dilation of peripheral blood vessels, thus relieving pain (including muscle pain) and speeding the healing of sprain, bursitis, arthritis, and peripheral vascular conditions; 6) creates a positive energy field (static attraction) on the surface of the skin causing greater blood circulation and thus the removal of acidic toxins through the pores of the skin; and 7) promotes relaxation, thereby creating a feeling of well-being.

For those who are unable to exercise sufficiently, radiant heat infrared sauna is an excellent way of getting the benefits of exercise without the undue stress on the skeleton, muscles, and associated tissues. Such people, including cancer patients have an even greater need for exercise, and the sauna fills the bill.

You can begin changing the internal environment to more alkaline state through elimination, through the pores of the skin and the association of the lymphatic system, which is associated with all cancerous conditions

Far infrared sauna is a way that you can sweat out tons of toxins through the third kidney, which is skin. I who was raised a tomboy, and loved to run and be outside and sweat. As a young girl, I thought it was great. But I know a lot of women who don't like to sweat.

Actually, the process of sweating is a wonderful, therapeutic way of skipping the major organs of the body and getting out acids through

the fluids that come out of the skin, the lymphatic fluids that come out of the skin.

Far infrared is a form of natural energy that consistently surrounds us and which our bodies have a continuous need for. The tissues of our body absorb far infrared from a variety of sources – the sun, our earth and each other. Our cells produce this form of energy and many of our biological systems depend on it for proper functioning. Far infrared is ubiquitous energy, which supports and enhances human life in many different ways. The term “far infrared” refers to a specific portion of the light spectrum, which means “below red” and is a form of light energy, which is invisible to the human eye. Far infrared comes from the sun. Most of the sun’s energy is in the infrared range. There are measurements of near, middle and far infrared, measured in microns. It’s a form of radiant heat, meaning that it heats objects directly without heating the surrounding air. An example of this would be if you went to the beach and it was still a cloud-covered day. You could still walk out onto the sand and the sand might be warm to your touch, or even hot because this type of energy can go right through the clouds and still heat up the object which is the sand. The air might not be all that warm but the sand would feel warm. This is infrared energy penetrating the cloud cover. This is not to be confused with UV (ultraviolet) rays. Far infrared comes from us. We are continuously surrounded by and immersed in this type of energy. It’s also absorbed and reflected from the earth, especially if we’re going barefoot. Our bodies produce far infrared heat at the cellular level and as we metabolize food for energy to create internal body heat. We actually radiate this form of energy constantly, sending and receiving it from each other. This is one of the reasons a hug feels so good. So, hug away. Hug everybody you love and care about several times a day. Give them some of your far infrared and receive some of theirs. Far infrared is emitted from our palms in the 8 – 14 micron range, which has been termed vital rays due to the important biological function. You may have heard of people who claim to be healers and they use their hands a lot. One of the terms is Healing Touch or in religious sectors, there is also the term “laying on of hands” which is used in blessings of healing. We actually have energy from the palm of our hand which is healing

energy and that's partly why massage feels so good. We're receiving that far infrared energy from the therapist.

Now, what does far infrared do for us? Humans, like all living things, absorb and utilize a certain spectrum of electro-magnetic wavelengths or energy, especially far infrared. These wavelengths do several things for us. First, they boost our immune system; enhance blood flow by dilating blood vessels and increasing cardio output. So, sometimes this can be considered passive exercise. If we get into a far infrared sauna our cardio, our heartbeat will rise up and we can actually break a sweat. This is similar to cardio exercise that you can do in an aerobics class or something similar. It improves the flow of all body fluids by decreasing the size of trapped toxic water clusters and this has been known as cellulite. All of you women listening can notice a dimpling effecting the upper thighs and as a woman puts on more and more weight, she can have it on her arms. Men seem to have less of a problem with cellulite. Cellulite is nothing more than trapped fluids that are toxic that are beneath the skin in the interstitial spaces, the spaces between the cells. Far infrared energy exerts a powerful detoxifying effect by releasing tissue-bound toxins. So, this is a great treatment for anything that ails you – from a degenerative disease to something cosmetic like cellulite. Far infrared provides a more comfortable and relaxing experience with a wider array of therapeutic effects. When you get into a far infrared sauna, you'll notice that it's cooler than a regular sauna.

Sometimes you'll go into a heat sauna at a gym or a place where you go work out and you'll notice that it's very hot upon entering the room. Your eyes can sting. Your lungs can feel like they're going to be scorched. Your delicate tissues through your nostrils can feel very stinging. This doesn't happen in a far infrared sauna. They are 40° cooler temperatures, ranging from a 110 to 130 Fahrenheit. They are 180 or 210 in regular saunas. There's an easy breathing element because it's a gentle soothing heat and there's deeper heat penetration. It can penetrate 2 inches vs. 2 millimeters in a regular sauna. Because of the heat penetration, it's able to heat you. You are the object; get your cardio output coming up. And we sweat 2 -3 times more sweat. However, this is non-fatiguing; it's actually quite

refreshing to take a far infrared sauna and sweat these toxins out. It's kind of like an internal shower. It also burns calories as the heart rate increases and the metabolic rate increases to improve your overall cardiovascular fitness. You can burn up to 600 calories in a 30- minute session. You can lose unwanted weight not just water. One can receive a training effect while reading and relaxing. NASA concluded that far infrared is passive exercise with the ideal way to keep astronauts fit during space flight. They had to figure out something the astronauts could do without moving around the shuttle. They don't have much room in there. They found that this type of sauna could help as a passive exercise. Some of the other benefits would be remarkable pain relief. Deep heat helps blood vessels dilate bringing relief and healing to muscles and soft tissue injuries. This is used in Europe for arthritis and in Japan for bursitis, fibromyalgia, sprains, strains and other muscle, skeletal elements. It eliminates harmful toxins and this is where a far infrared sauna every day for somebody who is dealing with cancer could benefit from a sauna every day. It takes a detoxifying load off your liver and kidneys by the direct elimination of toxins through the skin. It's kind of like taking a short cut. And 2 – 3 times more sweat is produced in a far infrared sauna than is possible than a conventional hot air sauna. Greater detoxification of heavy metals is achieved, including lead, mercury, aluminum and cadmium and fat-soluble toxins such as pesticide residues and by products of fossil fuels combustion. Fat binds to acids, so the acid levels of the body come down. Now, how does this work again? How do we get less acid in the body from this sweating? What happens is heat causes toxins to be released from the cells. Those molecules will reside transiently in lymph fluid. Since sweat is manufactured from lymph fluid toxins present in the lymph fluid will exit the body through this sweat. Because the liver and kidneys are not required for this process, these organs are largely unburdened by the hypothermic therapy and toxins are able to leave the body even when the liver or kidney function is impaired. So, again, this is a great way to get a lot of acidity out of the body. Taking a short cut through the 3rd kidney, the skin. You are welcome to go to our website and learn how to order a far infrared sauna that Dr. Young has personally tried and picked out that he feels is best.

Far infrared boosts the immune response so you can have shorter recovery times from colds and flu by improving your immune response. Far infrared stimulates the body's natural healing process. The sauna creates an artificial fever effect. Again, I talk about cellulite. These are the jowl-like lumps of water and debris that get trapped in the pockets beneath the skin. In Europe, far infrared sauna is promoted as a daily treatment for cellulite reduction therapy. This along with lymphatic massage can do wonders for a woman who decides to go on the program and stay hydrated, stay away from acidic foods, hard sugars, high protein, dairy foods, and such. Besides all of the benefits of removing toxins from the body, it improves skin quality. The profuse sweating achieved in far infrared saunas carries out deeply embedded impurities and dead skin cells to leave the skin glowing, immaculately clean with tone and elasticity. It releases acne, eczema, psoriasis, and also removes roughness. So remember, the skin is the third kidney and this is a great way to help clear up these kinds of skin disorders, which are only signals that the body is over acidic and that the acids are coming to the surface of the skin to try and be released.

9. Drink green drinks and alkalized and energized water. Since sweating depletes the body of beneficial minerals, replenish your nutrients with green drinks and pH drops. The body is 2/3 water, and most of that is lymphatic fluid. Drink at least 4 liters of alkalized and energized fluids a day. Drink at least 4 liters of alkalized water a day because the blood is 96% water. Blood is responsible for feeding and nourishing the cells and picking up the waste from the cells. Blood will service the cells regardless of the amount of water you drink; however, if you drink too little water, you force the blood to rob from the body. This shows up in the mucous layer of the skin. Alkalized and energized water also helps the kidneys to flush out the acidic toxins. Since the waste that the lymphatic system picks up is deposited in the blood stream and then filtered in the kidneys, you should drink a green drink or alkalized water after a massage.

10. Supplements and herbs. Drinking green drinks helps your body to alkalize the acids that the lymphatic massage or exercise stirs up. When the toxins settle around the cells, they act as a moat, not allowing food and oxygen to get to the cells. When the lymphatic

system is clean, the cells can utilize the nutrients from the green drink flowing in the blood. To help support and lymphatic system, which also includes the spleen and thymus, I suggest extra Vitamin A plus a combination of other specific vitamins, minerals, herbs and cell salts, a synergistic herbal nutritional formulation. Vitamin A is essential for the repair and growth of mucus membranes that line the digestive tract, respiratory tract, salivary glands, tear ducts and eyes, as well as all other cell membranes in the body. Vitamin A helps regulate the formation of cartilage and many hormones. It also aids in the detoxification of acids, has co-enzyme functions in the retina, skin, liver, bone, and adrenal glands. It also helps protect the body during stress from injuries, anxiety, and surgery and promotes resistance to outside toxins.

Vitamin A is an essential nutrient the body needs to neutralize acidity. By strengthening the cell walls, it helps to protect the mucous membranes against biological transmutations of bacteria and yeast and their associated exotoxins and mycotoxins.

Vitamin A helps to protect the epithelial tissues like the skin, the stomach, and the lungs from becoming over-acidic and breaking down. Vitamin A is essential in the chemical process of cholesterol conversion into female estrogens and male androgens. An insufficient supply of these sex hormones results in cellular breakdown of the sex organs.

Healthy aerobic exercise can also include a healthy sex life, which can be enhanced with extra Vitamin A and zinc. Sexual intercourse increases both blood and lymphatic flow helping to move acidity out of the tissues and elimination of those toxins through the skin and other elimination organs.

Fish liver oil is an excellent natural source of Vitamin A. To insure complete absorption and to eliminate the oil intolerance problem some people have, I suggest that three different sources of Vitamin A be used: 1) A dry, water dispersible, relatively oil free fish liver oil source of Vitamin A; 2) a dry, water dispersible, oil free plant source of pro-vitamin A known as carotene, and, 3) a variety of pro-vitamin A containing plants and herbs including wheat grass, barley grass, oat grass, dandelion and parsley.

Some other the other ingredients that are helpful in supporting the

lymphatic system and the elimination of acids are:

Octacosanol exists in nature as a bio-chemical of many plant oils, including the oil of raw wheat germ. It is known for its effects on physical fitness—improving endurance, increased reaction time, basal metabolism, oxygen intake and oxygen debt. The use of octacosanol from unrefined, unheated wheat germ oils, because of its unique properties, has gained wide acceptance by athletes and those suffering from heart and circulatory disorders as a result of excess acidity localized to those areas of the body.

N-N-Dimethylglycine is a water soluble, tertiary amino protein, non-fuel nutrient. It has been found to have some relationship to choline, an important B-complex vitamin. It can be isolated from food sources such as apricot kernels. Dimethylglycine is known for its greater efficiency and purity in comparison to its analog or counterpart, calcium pantoate. It has no undesirable side effects and its toxic level for man is 100,000 times the therapeutic dose.

In his research at the University of South Carolina School of Medicine, Dr. Charles D. Graber showed that dimethylglycine enhance both antibody production and cellular immunity in humans using less than 100 mg. per day. The research also found dimethylglycine beneficial as a nutritional support for the following conditions: hardening of the arteries, high levels of cholesterol due to excess acidity, elevated blood pressure, elevated blood sugar, degenerative nerve conditions, abnormal cell development, painful joints and muscles due to localized acidity, and inadequate cellular oxygenation.

Superoxide Dismutase or SOD is an excellent anti-acid. Research conducted at Duke University Center, points to the fact that acids (free-radicals) may be associated with the build up of inflammation in the body tissue. Their research led them to the discovery of an anti-inflammatory protein enzyme that they called, "orgotein," later named "superoxide dismutase." Therefore, SOD may play an important role in preventing cellular transmutation, neutralizing acid and slowing down the aging process.

Research indicates that no more than 50,000 IU per day can be utilized by the body except in therapeutic cases, where up to 100,000 are recommended for short periods of time not to exceed

three months. The best level is somewhere between 25,000 and 50,000 IU for the cancer patient weighing 70 kilos or 154 pounds. Each capsule should contain at least 10,000 IU of Beta carotene and fish liver oil. Recommended dosage is 1 capsule with a green drink or alkalized and energized water with pH drops 6 times a day. In the words of Walt Whitman: "I loaf and invite my soul; I lean and loaf at my ease, observing a spear of summer grass. Clear and sweet is my soul, and clear and sweet is all that is not my soul." "Welcome every organ and attribute of me, and of any man hearty and clean, not an inch, not a particle of an inch, is vile, and none shall be less familiar than the rest." "Divine am I, inside and out, and I make holy whatever I touch or am touched from." "I say no man has ever yet been half devout enough; none has ever yet adored or worshipped half enough; none has begun to think how divine he himself is, and how certain the future is." Cancer is not a disease but a symptom of pH imbalance within. May you realize how certain your future is if you choose wisely and realize that the pathway to the House of Health of ultimate outstanding health and fitness lies from within not from without. The pH Miracle for Cancer Protocol 193

Section 6: The pH Miracle for Cancer Protocol

Chapter 20 The Standard Protocol for All Cancerous Conditions A 12 to 16 week protocol for a Self-Cure.

TRANSITIONING

To be able to alkalize and liquefy your food more readily, you must take small bites. Quite literally, you should not bite off more than you can chew. So it is with making the transition to an alkaline diet. Ease into it if necessary, with a series of small victories, rather than trying to master the whole thing at once. Don't discourage yourself by trying to change too much too quickly. Make changes gradually. That is generally best for the body anyway, and increases the chances that you'll succeed in the first place and the chances that you'll stick

with it for the long haul. (There is an exception or serious illness, when a drastic change may be just what you need—or there may be no time for a stepwise approach.) Moving toward an alkaline lifestyle is a process—not a single event or an overnight transformation. As you make your way “home,” enjoy your journey.

Our family took more than two years to make the transition complete — and our youngest needed even longer in transition. (He is twenty now, and has been 100 percent alkalarian for years.) In part, that’s because we were working out the system as we went along. On the other hand, we were already almost vegetarian, so the total change was not as dramatic as it might have been starting from a more typical American diet. Whatever the specific time frame that works for you, take it step by step, as we did, for clear—and lasting—results. Work through one transition at a time, allowing at least a week, and up to two to three weeks if you need to, to get acclimated at each step. Or take on a few together if that feels comfortable. Move on when you feel at home with them. Feel free to change the order of the transitions. You’ll be building a solid foundation, then adding layer upon sturdy layer on top. So it’ll be built to last.

TRANSITION 1: BREAKFAST

Probably the single biggest change you will make on this program is in what you have for breakfast. So it is as good a place to start as any! Americans need to have a change of heart and mind concerning breakfast.

Almost all of the conventional choices—eggs, pancakes, syrup, hot or cold cereals, fruit, juice, coffee, yogurt, bread products, sausage, bacon— make your body acidic or promote (or contain!) bacteria or yeast/fungus or other microforms. Many contain huge amounts of acidic sugars and simple carbohydrates, which acidify the blood and tissues, creating the environment that promotes the microforms. Others are dense sources of acidic protein (and almost always, animal fat), which, in addition to being high in parasite activity, also promote microform overgrowth. And all these acidic foods are also very low in water content—and extremely constipating.

It's no wonder laxatives are one of the best-selling over-the-counter remedies. On top of all that, we eat them in dreadful combinations (eggs and home fries, cereal and milk, toast and jam). What a way to start the day! Your body deserves to be replenished much more gently and wholesomely after the night fast. So don't let the first meal of your day slow you down. This basically means making the same choices at breakfast that you would at any other time of the day. It may seem strange at first, but you'll be doing yourself a big favor by switching over to a soup, say, or a veggie wrap, or salad. Or how about a big plate of steamed broccoli? Or a colorful veggie juice? My (Shelley's) favorite is the Zippy Breakfast (see page 358) made with buckwheat (a seed) instead of a starchy grain. We need to learn from the traditions of some other cultures—for example, you'd be offered soup for breakfast in Japan. When we traveled in Israel, we were delighted to see tomato-cucumber salads as a part of every breakfast table. The American way—tremendous doses of sugar and protein (acids both), not to mention a big dollop of caffeine—might give you a short shot of energy initially, but over the long term the negative impact is drastic.

So begin with this new breakfast strategy, starting your day with an alkaline, low-carbohydrate, high-fiber, high-water-content, electron-rich—and delicious—meal. Try it even just for a couple of weeks if you don't feel ready to sign on forever. If you're like most people, you'll find your new breakfast provides a great amount of energy and burns longer into the midday without the drop in electron or electrical energy that so commonly occurs with an acidic starchy, sugary breakfast. Once you experience how good you can feel, I think it will be the junk food breakfast that seems strange.

TRANSITION 2: 70–30

This is another giant step: Build each meal to be at least 70 percent alkaline (and thus 30 percent acid). Better yet is 80–20, which is ideal, though 100 percent may be necessary if you are seriously ill. If you're already doing this at breakfast, lunch and dinner will be simple by comparison.

This is a visual measurement, not a measurement by weight or calories. Just give the vegetables the starring role on your plate, where acidic protein (like meat) or carbs (like pasta) might have been before. Make two or three alkalizing vegetables to go along with what you used to think of as your main dish. Or make a meal just out of these sides. Eat a big bowl of alkalizing salad or vegetable soup with each meal.

The earth is 70 percent water. Our bodies are 70 percent water. Make your plate match: at least 70 percent high-water-content, electron-rich, alkaline food.

TRANSITION 3: RAW

Cooking your food literally takes the life or electrical energy right out of it, and makes it void of electrons, so the more food you eat raw, the better. Raw foods are alkalizing and full of electrons or life energy, and so fit in that 70 to 80 percent we were just talking about. Ideally, all of that three-quarters of your plate is covered with high-water-content, electron-rich alkaline food—like having a huge salad with a side of brown rice or beans or pasta or tofu. And at least half that portion should be raw. (The other half should still be vegetarian and alkalizing, like lightly cooked soup, or steamed veggies, or stir-fry.) Start with that and as you get comfortable with the program work up to the ideal.

This is another reason big salads, and a variety of other kinds of salads, are such a great part of this program. Anything sprouted is ideal and full of electrical energy to run your body. With healthful dips and sauces to complement them, as a snack, appetizer, or side dish, raw electron-rich alkalizing vegetables are a wonderful, colorful, crunchy, and wholesome way to go.

Make sure you include some each time you sit down for a meal. Raw doesn't mean you have to have all your food cold. It is worthwhile to learn the difference between cooking and simply warming your food. When you do cook, do so as quickly as possible. For example, I am a big fan of quick steam-fry—it's like stir-frying, except you use a small amount of liquid instead of oil. And when I make a big pot of

soup (which is often), I cook it just until it's done—and the veggies are still quite firm. In general, apply heat gently and in moderation. The thing is to not exceed 118 degrees F. (The simplest way to check is to stick your finger into whatever you are warming. If you can hold it in without pulling it out right away, you are in the right range. If you have to pull your finger out, the temperature is too high.) Avoid the burning, crisping, and browning that can convert otherwise healthy electron-rich alkalizing foods into acidic toxins. It is especially important not to heat oils. Steam your food rather than cooking it in oil.

You can then apply liberal amounts of oil on vegetables after warming or steaming. Or use a nonstick cooking spray made of lecithin. It may take a little experimentation to get dishes just right, but the health benefits are worth it. Dehydrating your food is another way of preparing it for additional variety in texture and flavor without cooking it (see chapter 10).

When the weather is cold, warm cooked food might take a larger portion of your plate (keeping it alkalizing, though), while hot summer months bring crisper, raw selections. Don't make this program so rigid it becomes a hassle. Keep it flexible and easy, and it will soon be something you do intuitively, rather than something you have to think much about.

TRANSITION 4: DESSERT

Phase out all acidic sugary desserts. One acidic sugary dessert can ruin even the best alkaline meal. At our house, we used to be stocked with ice cream and baked goodies like anyone else. First we switched to frozen yogurt and those granola-y "health food" cookies, then to Rice Dream bars. From there we went to simple fresh fruit.

Now that we're fully alkalized, for the most part we don't eat dessert. For us, a treat is a crisp, red bell pepper or thick slices of subtly sweet jicama. I realize that might be hard to imagine until you've reached the same place. But taste buds that may now be dulled by the effects of extreme acidic sugars and processed salt will come to appreciate the humbler sweetness of green alkalizing vegetables. A

cookie or candy bar will seem much too sweet, even intolerable. You will see.

You may have some cravings until your sugar (acid) addiction wears off and your blood electron levels stabilize. Understanding why you get such cravings may help you ride them out. Find other things that will take the edge off, so you won't give in to early temptations. We have found when you crave acidic things such as sugar, alcohol, and tobacco; you are experiencing the body's need for alkalizing mineral salts. Take a pinch of whole mineral salts, or carry a small bottle of liquid salt with you and spray it into your mouth when cravings occur. The craving will go away in a few minutes.

“Cheating” just makes the cravings last longer. However, if you do eat something not on your plan, waste no time beating yourself up over it. Just get right back to your alkalizing pH Miracle plan. We do break down once in a while, like on vacation, but only when we are balanced and well. And then we eat dessert first, or by itself, in between meals, to avoid interfering with the healthy electron-rich alkaline foods we eat. And we always get right back in the game.

TRANSITION 5: MEAT

Getting meat out of your diet is painless when you go gradually. Cut back on and then get rid of the red meat first—beef, pork, lamb, and anything else you have. Make chicken the next to go, then turkey. Then comes ocean fish. You might want to include, as we do, the occasional fish on your menus. If you do want to have some animal protein occasionally, we recommend trout, sea bass, sole, tuna, swordfish, and salmon, as they are relatively safe, and are rich in alkalizing omega-3 oils fats.

Start with a vegetarian alkaline meal once a day, then twice, as you work your way to full-time. At the same time, experiment with building in more hemp meal and/or tofu, as well as raw nuts and seeds, including almonds, hazelnuts, pecans, and sunflower, pumpkin, flax, and sesame seeds. Almonds are especially good—substantially alkalizing and high in protein and calcium.

Be sure to steer clear of peanuts because of their high fungal content, however. And in general, avoid rancid nuts and seeds. If a batch of hulled seeds, such as sunflower or pumpkin, is sprinkled with broken or sick looking seeds, don't eat it. It would be possible to remove the bad ones—in the unlikely event you had enough time and patience. If you get that rancid taste, an odd bitter sting at the back of the throat, get rid of the batch.

Sesame and flax seeds, by the way, are almost always okay. Almonds and hazelnuts should either be shelled on the spot or have their brown protective skin intact. Do not use broken, gouged, or chipped nuts.

GO SOAK YOUR...NUTS

Soak nuts and seeds to activate their electrical potential or life force, eliminate acidic enzymes and enzyme inhibitors, and partially digest the protein, thus increasing their nutritional and hydrating potential by making all the good stuff they contain readily available to the body. Soaking also makes small seeds such as sesame and flax easier to chew, which you must do to release their electrical potential or electrons for energy.

Put nuts in a container, cover with alkaline water to one to two inches above the top of the nuts, and place in the refrigerator for an hour or two—for almonds, overnight. They will plump up, absorbing the water and the oxygen in the water. Then they will be ready to enjoy. Rinse them off and change the water every day. Keep them totally submerged. Eat them within two days, to prevent molding under the skin of the nuts.

TRANSITION 6: DAIRY

This step may actually be key to the first (breakfast), if you're one of the many, many people we talk to who can't think what to eat in the morning—or to give the kids—if not a bowl of cereal with milk.

The first thing to do is work on milk. Switch to hemp or soy milk (making sure to get one that isn't full of added sugars such as rice syrup) or rice milk (if you can find one that's not sugary).

Move on to nut or seed milks, like hazel or almond. They are good sources of protein and calcium, and have that richness and creaminess that is so pleasing. You can dilute them to taste. They are good for adding texture in salad dressings or soups, or just to drink. (Though when it comes to something to drink, pure, electron-rich, alkalized water and fresh alkalizing vegetable juices are always your best bet.) I mostly use almond and sesame (aka tahini) milks, and occasionally cook with rice milk or coconut milk. You can make your own. Or, for convenience, try a good ready-made almond milk, like the one from Pacific Foods (see the resources section).

After you've eliminated milk, other dairy products, such as cheese, yogurt, and ice cream, will be easy to cut out; you can find transitional substitutes at first and eventually go without.

One of our new favorite breakfasts is Seed Pancakes with Coconut Whipped Topping. It's so rich and creamy, you'll never miss the dairy!

EATING OUT

Some people worry that changing the way they eat will mean an end to socializing in restaurants. While it may be true that you'll have another transition to make, in the restaurants you choose or the dishes you order there, you are by no means stuck cooking for yourself in your own home forever.

Many areas have vegetarian restaurants now (there are even a few featuring raw foods!), and more and more general restaurants are offering vegetarian and even vegan entrées. You'll be sure to find vegetarian options within Asian, Indian, and Italian cuisines. And most restaurants have salads or side dishes you can build a fine meal from if none of the featured entrées suits your needs. For example, you could put together a pretty good meal with a green dinner salad, an order of the vegetable of the day, and a side of black beans, brown basmati rice, or baked red potato. Of course, anyplace with a salad bar will do just fine, as long as you choose carefully to avoid the junk food and acidic salad dressings with vinegars and sugars. And don't be afraid to make specific requests—we do it all the time, and they are almost always graciously

accepted. (Our most common requests are to hold the cheese, skip the bread, or leave out the mushrooms.)

Most chefs are happy to do a basic vegetable stir-fry, if you ask for it. You can even follow the pH Miracle program at major national chains. If we are, for example, eating at the Cheesecake Factory, we order the avocado/sun-dried tomato egg rolls, roasted artichokes, and Thai lettuce wraps (with salmon substituted for the chicken), and perhaps one of the huge bowls of steamed broccoli and asparagus offered as sides. Of course, we do skip the actual cheesecake!

TRANSITION 7: YEAST

Bread is another tough one for a lot of families, but you must get rid of the yeast. At our house, we went first to yeast-free bread (your health food store will have some choices), then to rice crackers, then sprouted whole-wheat tortillas. In the recipes section, you'll find some yeast-free breads and crackers you can make yourself (see pages 369–70). In addition to simple substitutions, you must also open up your thinking to meals that don't include bread or other yeast products. If you are one of those people who wouldn't know what to have for lunch if it didn't involve a sandwich, or breakfast if it didn't include toast, this may actually be the biggest challenge for you.

Focus on what you can have, what is good for you, rather than what you can't have. The recipes section gives plenty of meal ideas, along with the recipes, to help you on your way. During this transition, get rid of mushrooms, too—they are fungi, just like yeast.

TRANSITION 8: WHITE FLOUR

If you've eliminated yeast breads and baked desserts, you've most likely gotten rid of the major source of white flour in your diet. The other big hurdle is usually pasta. Most recipes will work well if you substitute cooked whole grains such as millet, spelt, quinoa, rice, and buckwheat. Try soba noodles (a favorite in our house), which are buckwheat, and satisfy the need for a chewy, warm food, especially in winter. We also love mugwort and wild yam soba noodles. If we use pasta other than soba, we try to make sure it is

made with vegetables and without eggs—and serve it as a side dish, never a main course.

TRANSITION 9: WHITE RICE

Here's a simple one for you: Switch to brown rice. Or alternate, as we do, with white jasmine or basmati rice, which are natural white rices, or wild rice (or combinations). What we're really after eliminating here is all refined grains. You need to give the boot to anything that isn't whole grain. Best, as always, are sprouted grains. And remember, cooked grains belong in that 20 to 30 percent of your meal that is acid (except buckwheat, millet, quinoa, and spelt, which are not acidifying). The one starch you should abandon altogether, because of the high sugar and fungal content, is corn.

TRANSITION 10: ADDED SUGAR

Eliminating dessert might have taken care of a lot of this, but now it is time to scrub out the rest of the unnecessary sugars (acids). Check your cereal, bread, and anything you bought prepared. Don't rely on artificial sweeteners, because they all convert to highly toxic acids that can harm the brain. If you need a sweetener to help you transition while your taste buds adjust, try something natural like chicory root powder or stevia (made from a plant), which you can find at health food stores. There are several different types of stevia, some bleached, others in liquid form. We prefer raw green powdered stevia, which has had very little processing. You can find raw green stevia in some health food stores but you may have to special-order it, through the store or via the Internet.

TRANSITION 11: FRUIT

With the exception of the low-sugar fruits we keep talking about—tomato, avocado, lemon, and lime—fruits are intense sources of sugar (acid), and must be eliminated if you are ill or have troublesome symptoms. Once you are in balance, you may still want to use them rarely and with care (and properly combined), as a treat. Fruits have nutritional value, but most have just too much sugar to use freely.

TRANSITION 12: CONDIMENTS

Most condiments are full of sugar, processed salt, or both. Or they contain fermented or acidifying ingredients. Experiment to find your favorite alternatives to ketchup, mustard, vinegar, mayonnaise, barbecue sauce, soy sauce, and so forth.

Your best allies are healthy mono- and polyunsaturated oils, lemons, limes, garlic, onion, ginger, spices, and, of course, healthy, whole mineral salts. The oils we like best are grape seed oil, flax seed oil, coconut oil, pumpkin seed oil, hemp seed oil, avocado oil, pomegranate oil, and olive oil. We use a lot of Essential Balance and Udo's Choice—combinations of healthful oils (see resources). All alkalizing oils should be added to food after cooking, since heating oil destroys its vital electrical energy or life force components. Better yet, use it with raw foods. Make salad dressings, for instance. (For times when homemade just isn't feasible, one salad dressing we like is Annie's Naturals Organic Green Garlic.) Rather than cooking in oil, steam your food and add alkalizing oil as you are serving it.

Lemon and lime add freshness and zest to just about any dish, and because of the low sugar content are alkalizing to boot. They also help stop sugar (acid) cravings. They are another key ingredient for many salad dressings. We put them in just about everything we make, right down to a glass of water. Garlic, onion, and ginger are all naturally antifungal and antiparasitic, not to mention their nice strong flavors, so include plenty of them, as well.

Getting creative with spices is going to be the key to making delicious meals that appeal to your taste buds. We love Spice Hunter brand spice blends, like Zip, which contains onion, paprika, chili pepper, cumin, garlic, jalapeño, coriander, cayenne, and oregano. They take a lot of the guesswork out, but leave the subtle, interesting combinations in (see resources). Experiment!

Marsha's Story

Okay, I'll admit it. I used to eat bacon or sausage and fried or scrambled eggs for breakfast, with toast with jelly—or butter so thick I could see my teeth marks in it. Every day. I never gave it a second

thought. And it only went downhill from there through the rest of the day.

It seemed like I was always sick with a cold or allergies, my skin and the whites of my eyes had a yellowish cast to them, and my eyesight was getting worse and worse. I was always tired, though I accepted the ebbing of my energy as part of the aging process. When I needed yet another, stronger contact lens prescription just three months after the last one (again!), it scared me enough that I decided to commit to changing my diet, adding more alkalizing foods and concentrated green powder and lots and lots of pure water.

I started with breakfast. I started using vegetarian burgers in place of the meat, and switched to soy margarine instead of butter. Then I learned to smash up tofu to look like scrambled eggs—I like them sprinkled with spicy seasonings. Then sometimes I'd put avocado slices on the plate next to the tofu scramble. Then I went on to having something totally different for me, such as soup, or avocado and cucumber over raw (not toasted) buckwheat.

Where I used to drink low-fat milk, I started with vanilla soymilk, or almond milk. Now I drink fresh vegetable juices or put green powder in my water, and use soy and almond milk only occasionally.

Just changing breakfast gave me much more energy. It also changed my long-standing habit of snacking starting by 10 am. With an alkalizing breakfast, I'm not hungry again until lunchtime. Then, when I always had meat, poultry, or seafood (just like at dinner), I started using meat substitutes, and then extra-firm tofu. Now I mostly have beans or legumes stir-fried with broccoli or other vegetables along with a nice big salad. I've traded peanuts and peanut butter for soy nuts or almonds, and soy or almond butter. I use avocado as a base for creamy soups. I switched from vinaigrette on my salads to olive oil and lemon juice with seasonings.

My between-meals snacks have become celery, red, yellow, or orange bell peppers, baby carrots, or cucumber, with almond butter or hummus—where I used to have candy or chips. I still get to

crunch and munch to my heart's content, and over time my huge sugar cravings have left me.

Since replacing meats and dairy three years ago, I haven't had allergies, a cold, a sore throat, or the flu. By flip-flopping my eating pattern to 80 to 100 percent alkalizing (where it used to be that much acidic!)—gradually, as I could manage it, not overnight—I gained more energy and stamina. I wake up earlier and stay up later, and my energy level is on an even keel throughout the day. The yellow tinge disappeared altogether. I lost—and have kept off—thirty-eight pounds. And my eyesight not only stopped deteriorating, it has actually improved. I've had two new prescriptions in three years now — this time less strong each time.

Once your transition is complete, and your symptoms (if any) are gone, and you are at a stable, natural, healthy weight, your body will be in appropriate alkaline–acid balance. Although you've done all this work because you are adopting a new way of life, not some short-term diet plan, we do want to note that a healthy, balanced body can withstand a certain degree of cheating. Not that we're recommending it, mind you, but we don't want you to think that the occasional sensational, acidifying indulgence will undo all you've accomplished. Though you'll have to be stricter in the beginning, that kind of treat here and there may be no problem at all for a balanced system. (We probably cheat once every other month or so.) And if it is a problem, now you know how to fix it.

Remember, it can take up to twenty times the amount of alkaline food to neutralize a dose of acidic food, so you don't want to make your body do that often. It is the everyday bombardment of acidic foods that leave a body completely out of balance.

Once you've gone through all these steps, and transformed the way you eat, you'll have gotten well. Now to stay well, of course you've got to continue on the path you've set so far.

Chapter 21 Putting It Together

The more you follow this program, the easier it becomes to follow. Your body adjusts to it, and so do you. It will come to seem second nature. Right now, though, you've got a steep learning curve. We're throwing a lot of information at you all at once, and you are probably looking at pretty significant changes in the way you live your life. Experience is the best teacher—but while you're gathering your experience, we want to give you some practical strategies for implementing this program. You'll learn here how to stock (restock, really) your kitchen, with food and equipment, as well as how to grow your own sprouts, and how to dehydrate foods. Finally, Shelley will share some of her secrets for using the program in your ordinary, everyday, no-doubt-already-busy life. Shelley will teach you that nothing tastes as good as good health feels.

STOCKING THE PANTRY

You're preparing to embark on the adventure of a lifetime—the adventure of a health-generating lifestyle. You have heard the science, and now you want to know how to continually live that science from the kitchen. When you take a look at what is in your house right now to eat, however, you're likely to face the grim reality that much of what you have isn't good for you after all, now that you understand the New Biology. You probably have a lot that is flat-out lacking in nutrition and fiber, and more that has a very acidic effect in the body.

To make it simple to follow this program, chances are you're going to need a makeover. But once you've transformed your kitchen, you'll find it easy, simple, and natural to follow the principles of a healthy alkaline diet.

One key is to keep all the basic items you'll use a lot of on hand in your pantry and fridge, so you can prepare a delicious—alkaline—dish at the drop of a hat.

If you poked around my (Shelley's) kitchen for a few minutes, here's what you'd find:

- Spices. Just in case I can't get fresh ones, I keep dried spices, which I buy in bulk. I am always stocked up with garlic powder, onion

flakes, cumin, basil, cilantro, cayenne pepper, turmeric, cinnamon, curry, and parsley. I also always have an alkalizing salt. I prefer pure mineral salts, Real Salt brand, Celtic Sea Salt (harder to find), Young pHorever pHlavor Salt from the Great Salt Lake, vegetized salt (which has dehydrated veggies in with the salt), Herbamare (sea salt and organic veggies), Trocomare (spicy, with sea salt, veggies, chili peppers, and horseradish), and Herby (quite hot because of the black pepper it contains).

Beyond that, I like to use premixed spice combinations to take the guesswork out of things, avoid unnecessary clutter, and keep it simple! I'm a fan of the Spice Hunter brand (see resources).

The combinations inspire me, too, be they Mexican, Italian, Thai, Jamaican jerk, Szechuan, pizza, curry, or Herbes de Provence. Not only that, you can make the same dish seem really different depending on what you shake over it.

- Seeds. I keep a supply of (raw) fl ax, hemp, chia, sesame, sunflower, alfalfa, and pumpkin seeds, as well as sprouting combinations. I also keep raw tahini (sesame seed paste) around.
- Nuts. I always have raw nuts on hand, too, usually almonds, hazelnuts, pine nuts, Brazil nuts, and macadamias, as well as fresh, seasonal pecans and walnuts and raw almond butter.
- Grains. I keep spelt, buckwheat, millet, kamut, quinoa, brown basmati rice, and amaranth handy, as well as unsalted brown rice cakes, quinoa and spelt pasta, buckwheat, rice and soba noodles, sprouted wheat tortillas, Lavosh crackers (made with tofu, and yeast-free), and flours (whole wheat, unbleached white, spelt, brown rice, rye, and millet in particular—soy and rice flour would be okay, too, as long as they are not stored for a long time). I also keep unleavened whole wheat bread (like Nature's Path Manna Bread) in the freezer (from the freezer section of the store).
- Beans. I usually have soybeans (sometimes known as edamame beans— look for them in the frozen foods section of your store), adzuki beans, lentils, mung beans, cranberry beans, black beans, black-eyed peas, garbanzos/chickpeas, pinto beans, and kidney beans. I almost always have hummus in my fridge, too.

- Sea vegetables. I often use nori sheets, dulse flakes, and arame, so I keep them around.
- Tortillas. Look for sprouted wheat varieties. Some wraps restaurants may sell you their tortillas. If you are able to set up an account (as a business) with the food manufacturing and supply company Sysco, you can get a variety of different-flavored tortillas—I like the spinach, garlic, onion, and pepper. Costco also sells tortillas, or you can make your own.
- Healthy oils. I always have a variety available, especially virgin cold pressed olive oil, avocado oil (like Young pHorever Avocado Oil), grape seed oil, sesame oil, and fl ax seed oil, and a blend (like Udo's Choice or Essential Balance, under the brand name Omega Nutrition, or Arrowhead Mills). Hemp oil has quite a strong flavor, but I use it on occasion, too. Look for Essential Balance in the refrigerated section of your health food store, and keep it in your refrigerator or freezer. It is a wonderfully flavored oil combining organic fl ax, sunflower/safflower, pumpkin, borage, and sesame oils. It's the only oil organically processed, made from all organic seeds, and completely unrefined. It comes in a black bottle to keep light from damaging it.
- "Milk." For when I need it and don't have time to make my own, I keep almond, hazel, soy, or rice milks around.
- Water. I keep purified alkaline ionized electron-rich water in gallon containers. We have ionizers at several stations in our home, office, and guesthouses, providing freshly made electron-rich water.
- Soy. I always have some tofu handy, including baked tofu, and I often have soy burgers in the freezer (I like Boca Burgers, vegan variety).
- Produce. Since produce must be fresh, I obviously don't store it indefinitely— although the stuff that keeps, such as garlic, ginger (I keep a whole root in the freezer and grate it as necessary), onions, fresh and dried chili peppers, lemons, and limes, I buy enough of to always have around. And since I've always got something sprouting, I have a fresh harvest on any given day. (My favorite is a high-protein mix of mung beans, adzuki beans, lentils, peas, and sunflower seeds, and I often use a mix of alfalfa and other small seeds, too.) In my pantry, I'm never without sun-dried tomatoes

packed in olive oil; roasted bell peppers packed in olive oil, and vegetable broth (make sure the one you choose contains no yeast).

Beyond that, I usually shop twice a week for fresh produce, and have a selection of fresh veggies and low-sugar fruits in the house at all times. You won't find them all at once, of course, but I often have baby field greens, dark lettuces, broccoli, spinach, kale, red and green cabbage, celery, carrots, cucumber, cauliflower, squash, zucchini, beets, radishes, avocado, tomato, bell peppers, chard, asparagus, green beans, leeks, and eggplant—basically, a variety of the foods eaten freely on this program. I always have some fresh herbs, especially parsley, basil, and cilantro, in my kitchen, and usually some fresh salsa (made with lemon or lime juice, never vinegar).

There are many, many more kinds of produce, of course, not mentioned here. Your selection should reflect your tastes, and your family's, as well as the recipes you use most often. Your kitchen won't look exactly like mine, but once it is well stocked, you'll find it is easy and natural to follow this way of eating. (Remember to read labels carefully to avoid hidden harmful foods, especially citric acid, sweeteners, artificial sweeteners, yeast, vinegar, peanuts, and corn syrup.) There's no need to go out and buy every single thing on this list at once. Start with a few items from each category and build up as you go along. Let it be an adventure to create a selection of alkalizing food choices for you and your loved ones!

THE RIGHT TOOLS

You can make a great alkalizing meal with just one good knife—and plenty of time. However, as any good carpenter knows, the proper tools do the job faster, easier, and with optimum results. Here is a quick look at the things I find are indispensable in my kitchen.

- Good knives are a must for cleaning, trimming, cutting, and chopping your veggies. I got along quite well with a three-piece starter set for years before investing in a larger set. I use them many times every day, and simply could not get by without them. If you've had poor-quality or dull knives, you'll be amazed by the difference a

high-quality, properly sharpened knife can make. I'm a fan of Cutco knives, which come with a lifetime guarantee and hardly ever need sharpening.

- A food processor will cut your chopping, blending, and mixing time by as much as 90 percent, especially when you are preparing food for a crowd. I use a Cuisinart. I started with the standard seven-cup size, which is fine for everyday needs. (I use a sixteen-cup size now, when I'm preparing food for a lot of people at one time.) Look for one that comes with both sharp- and soft-edged S-blades, as well as shredding and slicing wheels. The sharp S-blade is useful for mixing, mincing, fine and coarse chopping, blending foods such as hummus, emulsifying things such as salad dressing, and grinding dry ingredients including nuts, seeds, grains, and dried tortillas into powders.

I use the soft-edged S-blade to mix the dough for tortillas. And I slice and shred all kinds of things—which I especially love because it makes it easy to make beautiful salads.

- A blender is useful, too, for mixing, blending, and grinding. I use the Vita-Mix. It has a strong motor and a good variety of options for speed control (as well as reverse). The unique feature, and one I use a lot, is that if you leave it running longer, the friction it creates warms the food—so recipes like raw soups can be worked up very fast and then served immediately straight from the blender. (Of course, you can also serve them cold—just blend for a shorter period of time.)

- Rice cooker. Mine is almost always on the counter, full of freshly steamed brown rice, buckwheat, or other grain for my family to help themselves to at any time during the day. I use the Zojirushi brand, which will also cook legumes. Sometimes I start it up before I go to bed at night so we'll have warm rice for breakfast.

- Salad Spinner. I could not do without it (well, I'd never want to do without it). I use it all the time to wash and dry greens in a jiff.

- Mandolin. This is great for doing extra-fancy cuts on veggies.

Presentation is a key part of how you experience a meal, and this is a simple way to make dishes more elegant and visually appealing.

- Saladacco. I'm a fan of this small hand machine that can make

angel hair “pasta” out of vegetables such as squash. (I use yellow summer squash and zucchini, but any squash would work.) It also makes beautiful ribbon cuts that look like Hawaiian leis on such vegetables as beets and carrots.

- Stainless-steel cookware. I’m totally reliant on cookware made from high-grade surgical stainless steel. (I use Saladmaster brand; see resources.)

The right stainless lets you heat your food up to 187 degrees without destroying its electrical charge or its vitamin and mineral content. And it won’t leach poisonous substances into your food. Cooking in pots or pans made out of anything else can be hazardous to your health. Cast iron is highly porous, and the grease that gets into those pores will get rancid. Your body also can’t assimilate the iron (ferric) that seeps from the pans into your food—you need the ferrous form—so the main nutritional reason to use cast iron is right out the window. Glass or enamel-coated pans generally have poor heat distribution so foods stick and burn, but worse is the fact that they contain lead. Aluminum is a very soft metal and undergoes an extreme chemical reaction with heat, contaminating any food that comes in contact with it.

Worse still are nonstick coated pans. When they scratch, chip, or flake, you get exposed to “resins . . . [that] may produce a condition termed polymer fume fever characterized by flu-like symptoms such as chills, fever, body aches, nausea and occasional vomiting” according to the Federal Aviation Agency Occupational Health and Safety Bulletin. Yum! And that’s just the short-term effects! A chemical, C-8, used to make nonstick coating has been linked to birth defects in humans and to cancer in laboratory animals.

The chemical is detectable in the blood for up to four years after exposure, and can show up in breast milk. Even lower-grade stainless steel alloy chrome and nickel can bleed into foods containing salts or acids. That’s why when I cook, I stick with the highest-quality stainless steel! I wouldn’t risk my family’s health on anything else.

Once you are committed to preparing mostly raw foods for your meals, you can really get into gadgets like these. Invest in them as you can, to make preparing your food simpler—and more fun (and sometimes prettier). Experiment, and enjoy.

Sprouting

Sprouts, with their tremendous regenerating properties, are incredibly nutritious and alkalizing. All the wide variety of vitamins and minerals in a seed or grain explode when sprouted. Sprouting also takes starches, proteins, and hormonal agents in the seed and turns them into very alkalizing, easily assimilated, predigested proteins and subtle vegetable sugars.

Finally, the phytochemicals that fight cancerous conditions appear in plants just as soon as they sprout. I think a person could live on sprouts alone with no (physical) problem at all.

So I keep plenty of fresh sprouts around all the time—I grow them. No green thumb necessary. Really. The process is simple. In no time at all, a pinch of seeds almost magically transforms into many times their original weight in fresh produce, sometimes in as little as two days.

Start with organically produced seeds. You can store seeds for sprouting for long periods of time (up to ten years if they are unopened, and one to two years if opened but kept dry and cool), so stock up and keep a variety on hand. Some of the easiest sprouts to grow are alfalfa, mung bean, chickpea, green lentil, sesame, sunflower, buckwheat, and wheat. The “Sprouting Guide” table provides basic directions for many common sprouts.

I soak the seeds overnight in purified ionized electron-rich alkaline water, until they're plump, then pour them into sprouting trays, let them drain, place the trays in a dark, warm cupboard, and rinse them twice a day. Actually, I keep the trays where we keep our water, so that when I get my first drink of the morning and my last one at night, I give the sprouts a drink, too, rinsing and draining them.

In two or three days, most sprouts will be ready to eat. Sprouts should be crisp and slightly sweet—never sour. If they are souring, as the storebought ones often are, they have gone too long, and you should start again. Sprouts should never be browning or at all slimy. Store sprouts in the refrigerator in a glass jar or sealed plastic bag. They will keep for about a week.

You can also grow sprouts using quart jars with mesh rubber-banded over the top, or special sprouting jars with drainage lids, instead of the trays. Go with whichever method you find simplest!

I recommend kits from the Life Sprouts Company to help get you started with sprouting (see resources). Most health food stores carry sprouting supplies, including seeds ready for sprouting.

SPROUTING GUIDE

Seed

Alfalfa

Chinese cabbage Fenugreek Garbanzo Lentil

Mung bean Peas

Radish Red clover Sesame. Soybean Sunflower

Quantity Soak Time (hours)

2 T 6 –8

1 cup 6 –8

1 cup 6 –8

1 cup 16 1 cup 8 –12

1cup 8 –12

1 cup 8 –12

2 T or 1cup 6 –8

2 T 8 1Cup 8 1 cup 16 1 cup 6 –8

WAYS TO USE SPROUTS Sprouts are terrific raw, stir-fried, or steam-fried, on their own, or in sandwiches or salads, or sprinkled over soups. Try them all different ways—

Rinse/Drain (times daily) 2

2

2 –3

2 –3

2 –3
2 –3
2 –3

2
2
2
3
2

Days until Harvest 3 –6

3 –4
3 –4
3 –6
2 –4
2 –4
2 –3
3 –4
3 –6
1 –3
3 –5
1 –2

Inches at Harvest 1 –2

ó –1
ó –1
1/8 –1 ó –1
ó –1
ó –1
1
2
0 –1
ó –1
0 –ó

the more sprouts you get, the better. Everyone should make sprouts a part of their daily diet.

Almost any sprouts are good in salads, and I use them all the time in sandwiches and wraps, soups and juices, steamed dishes, and casseroles.

They also make a great snack. Here are my suggestions:

- Salad. Alfalfa, Chinese cabbage, fenugreek, garbanzo, lentil, mung bean, peas, radish, red clover, sunflower.
- Sandwiches. Alfalfa, radish, red clover.

- Juice. Alfalfa, Chinese cabbage, radish, red clover.
- Soup. Garbanzo, lentil, mung bean, peas, soybean.
- Casseroles. Garbanzo, sesame, soybean.
- Snacks. Fenugreek, sesame, sunflower.
- Steamed. Lentil, mung bean, peas, soybean.

This is just to get you started! Use your imagination, experiment, and follow your taste buds. Just keep eating sprouts!

DEHYDRATING

Using a dehydrator is a wonderful way to serve your food warm, but not cooked. It also makes it easy to keep fresh veggies in your pantry (once they are dried, fresh vegetables stored in an airtight bag or container will keep for at least a year in a dry, cool place). Food dehydrators are also useful for warming pâtés and loaf-type recipes before serving.

Dehydrated vegetables and nuts make great snacks and terrific garnishes. Enjoy them on their own, or with a favorite dip or pâté. They are very pretty sprinkled over soups, add texture to salads, and can accent any plate nicely.

Dehydrating most vegetables couldn't be simpler. You just clean and slice them (about one-quarter inch thick), marinate if desired, drain, and place on clean drying racks in your dehydrator. Dehydrate until all water is out of the vegetables and they are crisp.

You can do this with just about any vegetable. I especially like carrots, tomatoes, onions, celery, and bell peppers. For root vegetables such as winter squash, carrots, and yams, I like to marinate them for up to an hour in pure mineral salts, garlic, ginger, and spices.

Try dehydrating nuts, too. Start with soaked nuts. Marinate, as above, in a shallow bowl for one to twelve hours. Drain well, place in dehydrator, and dry until crunchy. Store in an airtight container in the fridge.

I use an Excalibur brand dehydrator because I like the way the air circulates throughout each tray, rather than just coming from the bottom up.

The flexible, Teflex liners also make it easy to make batter-type recipes, such as Dehydrated Flax Chips (see page 375), and to lift off foods after they have dried.

TIPS AND TRICKS

Here are some of my favorite shortcuts for making and arranging alkaline meals quickly and easily:

- Keep a huge salad in the fridge at all times. I make one that will last about three days and fill it with such goodies as spinach, red onions, pine nuts, tofu cubes, shredded carrot and beet, radishes, and sunflower seed sprouts. Then I can grab a quick salad or fill a wrap quickly. It is also good to have on hand when kids come home from school with that ravenous appetite.
- Make enough of your favorite salad dressings to last all week.
- Use prepared spice combinations. I keep a selection in the pantry to add interest and variety to whatever dish I'm making.
- Keep a bowl of soaked almonds in the fridge. They are great for a sweet, crunchy snack, and on salads instead of croutons. They are also good for whipping up some nut milk in a hurry. Just cover raw nuts with plenty of water, soak overnight, and change the water daily. They'll keep for about three days.
- Mix up batches of your favorite spread, such as pesto or hummus, for use as a dip for raw veggies, a topping for steamed veggies, to spread on crackers, or to tuck into wraps. You can find some good ones at your local health food store, including dairy-less pesto, although you must always read the labels carefully so you know exactly what you're buying.
- Double or triple a cooked recipe and freeze for future meals or quick snacks.
- When soaking dried beans or cooking cabbage, add a dash of mineral salts to the water to make them less gaseous, reducing or eliminating the flatulence they can cause.
- Adding two tablespoons of pure mineral salts to the cooking water keeps broccoli and cauliflower crisp and preserves their electrical

potential.

- Use a damp paper towel and a sprinkling of mineral salts to remove chlorophyll stains from your water bottle.
- Keep lemons and limes on hand to use as a vinegar substitute and to squeeze into your drinking water all day long. I use lemons somewhere in almost every meal I serve.
- Take a few packages of sprouted wheat tortillas and set them out to dry on your kitchen counter overnight. Or bake them in a low-heat oven, about three hundred degrees, for fifteen to twenty minutes until crisp but not browned. They should break easily, like a cracker. Grind them in your food processor or blender until they are like flour, to use when a recipe calls for bread crumbs or white flour. Store in an airtight container. They will keep for a few weeks in a cool, dry place (less in humid weather).
- Use your freezer to advantage. Store serving-size packages of nuts, herbs, and even good oils such as flax seed, so you'll have them when you need them (and they'll stay fresher, and defrost quickly). I keep a fresh gingerroot in the freezer; it's then easy to grate when a recipe calls for it.

My favorite use for it, though, is to make fresh lemon ginger "tea" after a nice meal.

- Keep a rice cooker on the counter with a fresh batch of steamed legumes or grains for that 20 to 30 percent of your diet.
- Learn to do your own sprouting and keep fresh sprouts on hand for a great snack—or a nutritional booster to any meal.
- Be prepared for the desire for crunchy snacks by keeping healthy options easily available, such as baked sprouted tortillas, raw almonds (best soaked), raw veggies (one of our favorites is slightly sweet jicama sticks, which are good anyway, but can also help during sugar cravings), and baked tofu.
- Stock up on pure ionized electron-rich alkaline water—and drink up!

When your meals are 80 percent alkaline, you may not feel a need to drink with meals, since most vegetables are already 70 to 90 percent

water. But in between meals, drinking a lot of good water is one of the very best things you can do for yourself.

***Chapter 22* The pH Miracle Whole Body Cleanse**

Our bodies, subjected as they have been to the typical American (acidic!) diet, could be designated Super Fund sites. They urgently need cleaning up from deadly toxic waste. Gradually transitioning to an alkaline diet may be the best way to make this a way of life rather than a short-term “diet” Band-Aid. But at some point, if you want to reap all the benefits of this program, you are going to need to clear out the old to make way for the new. As with a Super Fund site, you can’t just plant new trees and build new houses—first you have to get rid of the sludge. You need to do a pH Miracle Whole Body Cleanse to rid the body of impurities, normalize digestion (the alkaline buffering system) and metabolism, and regain alkaline balance in the blood and tissues.

If you have an immediate, serious health concern, you may want to jump right into the program with a serious cleanse. Transitioning is all well and good if you have the option, but if you are plagued with negative (acidic) symptoms, more drastic action may be required. Otherwise, if you are taking your time making a transition, think about doing a pH Miracle Whole Body Cleanse as you near completion of your transition, so that afterward you can continue directly to a purely alkaline diet. Finally, even if you are planning a longer transition, you can begin with a cleanse as a way to sort of jump-start yourself. Of course, you can always do another cleanse after you’re on a pure alkaline diet, anytime you want or need it. We like to do a springtime cleanse, just as the earth renews itself after a long winter.

A pH Miracle Whole Body Cleanse is something like a fast, but we think of it as a liquid feast instead because you sustain yourself on juices and liquid pureed food, not just water. On your liquid feast, you will be getting twenty times more nutrients than you would on your normal diet, because you are drinking your food in such

concentrated form. The length of a pH Miracle Whole Body Cleanse will vary from person to person, depending upon your current situation and how your body tolerates it. Typically, seven to twenty-one days will give you the results you want.

As you would with any fast, you should consult your health care practitioner before beginning a pH Miracle Whole Body Cleanse.

The pH Miracle Whole Body Cleanse eliminates acid wastes and negative microforms throughout your body, detoxifying your blood, tissues, and the entire alimentary canal/alkaline buffering system. You have to get rid of the pollution that's built up in your body, and especially the colon, from eating all those poorly combined foods, processed foods, fried and overcooked foods, simple starches, and sugars. In other words, all those dietary and metabolic acids.

We recommend at least a seven-to-fourteen day pH Miracle Whole Body Cleanse—up to twenty-one days if you're seriously ill. (Seek supervision for an extended cleanse.) Seven days is good for everyone who can manage it.

If you are not facing any particular health challenges and can't take much time out from your schedule, just seventy-two hours (three days) can still be beneficial—and can be done over a long weekend. The shorter cleanse is good for older people or children and teens. You can also use a brief cleanse to get yourself going after you've fallen off the wagon, or just to give your body a periodic break. Once you are fully transitioned, I recommend a liquid pH Miracle Whole Body Cleanse at least one day a month—twenty-four hours will do—just to give your body a break from solid food. However long you do it, a cleanse gives your body a good rest.

While you are on a pH Miracle Whole Body Cleanse, you should drink at least four liters a day of purified water with pH drops, with lemon or lime juice if you like. You can include, as part of or in addition to those four liters, six to twelve 8-ounce glasses of fresh green electron-rich alkaline vegetable juice, to help clear the acidic toxins out of your system and return your body to its alkaline design.

Try juicing cucumber, kale, broccoli, celery, lettuce, collards, okra, wheatgrass, barley grass, watercress, parsley, cabbage, spinach, and alfalfa sprouts—just about any other green vegetable that appeals to you. The recipes section has many combinations to try, but here's one that's all green: one cucumber, one stalk celery, one-third bunch parsley, a handful of alfalfa sprouts, and some spinach leaves.

When you're juicing in general, you can use carrot or beet to sweeten the taste. But both contain sugar, which gets even more concentrated in the juicing process, so you always want to use them moderately. If you are dealing with an acute condition, you don't want to use them at all.

Some people, however, find plain green juices difficult to enjoy in the beginning. If that's you, you might try backing into a pH Miracle Whole Body Cleanse, so to speak, by starting out for a few days using carrot and beet, just to get used to drinking fresh vegetable juices, then weaning off the carrot and beet gradually, and upping the amount of alkalizing greens. (If you do choose to use it, take it easy on the beet at first—maybe half a medium-size beet a day to begin with—as it can add considerably to the bowel-cleansing effect of the juice.) Make sure you always dilute the juice with alkaline water (whether or not you are on a cleanse)—ten times as much alkaline water as juice—and add four drops of ClO₂ or pH drops per cup. That will increase the alkalinity of your juice from 6.2 to 9.5.



Lucy's Story

I am the mother of eight children, so I need every bit of energy I can get. But at one (low) point in my life, I made a list of more than thirty chronic physical symptoms that were plaguing me, several of them debilitating. It spanned fibromyalgia, arthritis, difficulty breathing, and heart palpitation. Perhaps most concerning was my outrageously high cholesterol level.

Concerning, but not surprising: My family is followed by the National Institutes of Health because of familial hypercholesterolemia. My father died at forty-one of arteriosclerosis of the aorta. My father's father and two of my father's brothers died in their forties and fifties of heart disease. My two brothers have had heart bypass operations. My oldest sister had two heart bypass operations and a heart transplant, and passed away after a third heart bypass operation. My own cholesterol was usually around 425. When I gained well over fifty pounds over three years—at a time when I was eating less and exercising more than I ever had in my life—I knew I had reached a crisis point.

Thank goodness I finally found Dr. Young's program, which I feel has quite literally saved my life. I immediately started drinking a gallon of water with pH drops and concentrated green powder every day. A few weeks later I went through a cleanse with supplements and green juices for a week, followed by three weeks on green veggies transitioning into a diet that was 90 percent alkaline. Within weeks I was feeling more energy, sleeping better—and had lost twelve pounds.

At the end of three months I had lost fifty pounds, and half of my thirty symptoms had cleared up. By the end of seven months, I had lost seventy-five pounds, and nearly all my symptoms had vanished.

The low energy, flu-like symptoms, and general aches and pains of fibromyalgia slowly diminished. My feelings of anxiety and mental fog dissipated and I no longer felt fragile. I felt healthy and vital again!

What mattered to me perhaps most of all was that my cholesterol dropped 150 points, and my ratios were in the healthy range for the first time in my entire life (and without the negative side effects I experienced on all of the cholesterol-lowering medications I had tried).

For the first time, I feel sure my heart is in this life with me for the long haul.



If you cannot make fresh alkaline juice, you can use the concentrated green powder mixed into water instead—one-quarter teaspoon per eight ounces of water—plus four drops of ClO₂ or pH drops. You can add the green powder to any or all of your four liters of water whether or not you are juicing. You can also take one to two capsules of green powder with your fluids and juices if you need the added convenience.

Instead of juice, particularly at your usual mealtime, you may prefer raw, pureed soup, like Popeye Soup, Broccoli Soup, Aspar/Zinc Soup, and Celery Soup (see “Soups” in part 4). You can also drink broth from soups like Healing Soup, and teas such as red clover, chaparral, paud’arco, Essiac (a special blend of herbs), and raspberry leaf. Add three tablespoons of essential oils (cold-pressed flax, hemp, avocado, pomegranate, virgin olive, borage, primrose—or a blend, like Udo’s) to your soups, or take it by the spoonful. Add four drops of ClO₂ or pH drops to your herbal teas.

Although many people have no trouble with the pH Miracle Whole Body Cleanse, it isn’t always easy. You may feel some hunger. This is really those greedy microforms screaming to be fed, so resist any urge to break your regimen unless you find you can’t keep up with your daily routines.

The initial hunger pangs are the worst, but once you are over the hump—usually, by the third day—you may actually experience an upsurge in energy and feel no need for solid food.

When hunger does strike, mineral supplements, particularly chromium and montmorillonite clay, may help. Also, try drinking lots of electron-rich alkaline water, or water with one-quarter teaspoon concentrated green powder per cup, to take the edge off. If you must resort to solid food, eat fresh, raw veggies or low-sugar fruit, like

cucumber, tomato, celery, or avocado, or Healing Soup with the optional veggies added.

BASIC ALKALIZING SUPPLEMENTS

There's a whole chapter on supplements coming up, so here I (Rob) am just going to mention the ones that are particularly useful during a cleanse. Alkalizing supplements can maximize the effects of a pH Miracle Whole Body Cleanse and bring the body into balance more quickly, controlling dietary and metabolic acids and negative microforms. In general, alkalizing supplements should be taken with meals or drinks—one capsule three times a day, with meals. Liquid mineral colloids should be taken under the tongue, three to five drops three times a day, away from meals. (If you have been struggling with chronic or severe health problems, use up to six to nine times a day.) Wherever the directions are different for a particular supplement, I've noted this in the description. You could also follow directions on the package, but remember that less, more often, is better than more, less often. That is, taking one capsule six times a day is better than two capsules three times a day or three capsules two times a day.

During a pH Miracle Whole Body Cleanse, I recommend you take several things. The most crucial are pH drops (ClO₂ and sodium/potassium bicarbonate), alkalizing mineral salts, and concentrated green powder. Add four drops of ClO₂ or sodium bicarbonate per cup of pure water into all your pure electron-rich alkaline water. Mix one-quarter teaspoon of the concentrated green powder into eight ounces of pure electron-rich alkaline water three times a day, or take one capsule three times a day with a “meal” or drink. If you do nothing else in the way of supplements, do these. Close runner-ups in importance are a multivitamin and a multi-mineral, with cell salts. Each capsule of the broad-spectrum vitamin should contain at least five hundred milligrams, and the multi-mineral five hundred milligrams. Among other things, nutritional deficiencies increase the toxicity of mycotoxins, so you want to be sure you get all that your body needs.

The alkalizing minerals are particularly important because all other nutrients, including vitamins, proteins, antioxidants, amino acids, and carbohydrates, require minerals for normal biochemical functioning. So do all the alkaline buffers.

Finally, I'd also recommend liquid chlorophyll; glutathione; colloidal silver, copper, gold, titanium, rhodium, and iridium; and an antimycotoxin formula, ideally combining glutathione, N-acetyl cysteine, L-aurine, and organic sulfur.



Pete's Story

I was diagnosed with bladder cancer over three years ago; stage three (of a possible four)—not good. The doctors were worried that the malignant tumor could have spread to nearby lymph nodes and might have extruded through the bladder wall. It had definitely blocked one of the ureters connecting the kidney and the bladder.

I underwent two months of chemotherapy, but I had such a severe negative response my wife thought I was going to die and my doctors recommended discontinuing treatment. Unfortunately, the treatment I had made it through had had no effect on the tumor. My doctors recommended removing the entire bladder surgically.

I was determined to fight the cancer, but I just couldn't believe radical surgery was my only choice. I set out to find out about my alternatives, and my search led me to Dr. Young. My blood turned out to be highly acidic, and live analysis of my blood showed my body chemistry to have a high degree of toxicity. My blood cells were a mess from years of eating garbage and ignoring my health.

I did a ten-day fast, with vegetable juices and soups, which, to my surprise, wasn't that bad. I started taking the recommended supplements, especially the pH drops and the concentrated green powder.

After the ten days, I kept to vegetable meals, following the program to the letter. This was a radical change from my former diet, but I was determined to beat the cancer. I told my doctors about my new approach, and although they were skeptical, they had nothing else besides drastic surgery to offer me, and agreed to monitor the tumor with intermittent MRIs. Many of my family and friends thought I was crazy. I had many tearful discussions with my wife, who was very supportive throughout, about which path to follow. One of my best

friends accused me of trying to kill myself. But I remained steadfast. I would not vary my commitment to see this program through. The first two months I lost between fifteen and twenty pounds, which confirmed my loved ones' suspicions, as I hadn't been overweight to begin with. But I felt better each week, with more energy and clearer thinking. I knew I was doing the right thing even before repeat blood analysis showed considerable improvement.

By three months into the program, there was no sign of any cancer spread, but my doctors kept suggesting surgical removal of my bladder. I was very opposed to that, naturally, especially now that I felt sure this program was working. I did agree to a diagnostic procedure, which revealed the tumor had not only shrunk, but also was suspended on a stalk to the bladder wall, no longer fully attached. The opening of the ureter was clear, and they were able to remove all of the old tumor during this procedure. The doctors took sections of muscle tissue of the bladder to test them for pathology (clear) and examined the ureter all the way to the kidney (also clear). There was no cancer in my bladder whatsoever, and only remnants of the carcinoma in the degenerated (and removed) tumor. I had won! Amazingly, the surgeon still recommended removal of the bladder for what he called a "cure." I said thanks, but no thanks. I continue to get intermittent MRIs to monitor my bladder, but I know as long as I stay alkaline, the cancer will not recur.



A TYPICAL DAY ON THE PH MIRACLE WHOLE BODY All the details may at first seem daunting, though you'll quickly get used to the routine. In the meantime, to help you sort things out, here's a typical schedule, which you can modify to suit yourself.

7 am: Test the pH of your urine. If the urine pH is below 7.2, then take 2–3 teaspoons of sodium bicarbonate or mineral salts (sodium and potassium bicarbonate with magnesium and calcium carbonate) in 5–6 ounces of water.

7:15 am. 1 liter pure water with pH drops (with lemon or lime juice if you like).

7:30 am: Liquid colloidal supplements.

8:00 am: Juiced greens and capsule supplements.

9 am–noon: 1.5 liters pure water with concentrated green powder and pH drops.

Noon: Test the pH of your urine and saliva. If either is below 7.2, take 2–3 teaspoons of sodium bicarbonate or mineral salts (sodium and potassium bicarbonate with magnesium and calcium carbonate) in 5–6 ounces of purified alkaline electron-rich water.

12:30 pm: Liquid colloidal supplements.

1:00 pm: Raw soup or juiced greens and capsule supplements. 2–5

pm: 1.5 liters pure water with concentrated green powder and pH drops.

5 pm: Test the urine and saliva pH. If below 7.2, take 2–3 teaspoons of sodium bicarbonate or mineral salts (sodium and potassium bicarbonate with magnesium and calcium carbonate) in 5–6 ounces of purified alkaline electron-rich water.

5:30 pm: Liquid colloidal supplements.

6:00 pm: Soup or juiced greens and capsule supplements.

7–9 pm: Pure water with pH drops as desired (with lemon or lime juice if you like).

9 pm: Test the urine and saliva pH. If either is below 7.2, take 2–3 teaspoons of sodium bicarbonate or mineral salts (sodium and

potassium bicarbonate with magnesium and calcium carbonate) in 5–6 ounces of purified alkaline electron-rich water.

WHEN WE SAY CLEANSE, WE MEAN CLEANSE

All this can have quite a laxative effect. Green juice alone can do it. This is the way your body physically gets rid of the acidic bad stuff. It doesn't just evaporate. This is just what you want: to make sure you get rid of the pollution that has built up in your body, and in particular in your small intestines and colon. Until you know your body's response to the program, it is wise not to have anything else planned so you can focus on the pH Miracle

Whole Body Cleanse—and just stay fairly close to bathroom facilities. Be prepared to pay a visit to the bathroom at least six to ten times a day as the acidic toxins clear from your body. If the program as described so far doesn't have this effect, you'll want to add a mild, natural laxative formula to your program.

Look for one including magnesium oxide, magnesium carbonate, sodium bicarbonate, slippery elm, marshmallow, yellow dock, and gingerroot. Take four capsules every four hours. (See the resources section.) Aloe Vera juice is another cleansing aid. It helps break up pockets of undigested acidic animal protein, especially in the small intestine. Add one tablespoon of cold-pressed, whole-leaf juice to your green juice, or take with a “meal.” Aloe Vera juice is a mildly acidic product and is best not to be used on an ongoing basis. However, when a detox effort presents a substantial challenge, a few days of aloe Vera can be helpful to break up hardened protein pockets, which need to be eliminated.

Remember, these products are designed to work! Don't be caught off guard, and by all means modify your approach if the results seem too vigorous.

For serious cleansing, acute or difficult conditions such as chronic constipation, diverticulitis, Crohn's, irritable bowel syndrome, or chronic diarrhea, you may want to add (or use instead) a lower-bowel-cleansing formula or other intestinal cleanser. Look for an herbal mixture containing cascara sagrada (more than in the mild

laxative), turkey rhubarb root, psyllium seed, barberry root, gingerroot, fennel seed, red raspberry leaves, and cayenne.

Take four capsules every four hours during the cleanse. Adults over sixty should take one to two capsules every eight hours. If you are having trouble eliminating, this lower-bowel-cleansing formula will get things going!

WHAT TO WATCH OUT FOR

During a cleanse, toxins are dumped from where they've been stored in the tissues into the blood so they can be eliminated. This means that for a while, your blood is actually dirtier than it started out. You may feel worse before you feel better. Different people experience varying degrees of unpleasantness, or none at all, during this "healing crisis," which may include nausea, weakness, dizziness, headaches, light-headedness, rashes, bad breath, flulike feelings, and fatigue. (A note on rashes or other skin reactions: Do not suppress them with medications. At most, use a pure moisturizer or liquid vitamin E.)

When and if this happens, increase your daily alkaline water intake. Lots of alkaline electron-rich water with pH drops and fresh lemon or lime juice will help flush the toxins (and their negative effects) out quickly.

A healing crisis is actually a good sign. But it can be too intense, and therefore discouraging or even harmful. So monitor your progress closely. Some mild discomfort can be expected, but you should not experience undue discomfort. A healing crisis should be short-lived. If you experience an intense healing crisis, use the same dosages of all supplements but over a longer period of time in order to lessen the healing or detox crisis. If it does not subside within twenty-four hours, seek assistance from a professional health practitioner to find a way to do a cleanse that will work for you. Anyone with serious health problems should seek some professional supervision before beginning the pH Miracle program, including the Whole Body Cleanse. With guidance, you should be able to minimize or even avoid a healing crisis.

There is no medal for who can cleanse for the longest period of time, so do not push your body too hard for the sake of reaching a specific number of days. You should feel successful however many days you are able to cleanse.

Each day you remain on it is one more day ridding the body of acid buildup. Each day after brings you closer to a fully integrated alkaline lifestyle.

OKAY, I'M CLEANSED, NOW WHAT?

You've removed the stockpile of acidic debris from your body of environment, diet, and metabolism, clearing the way for optimal health. The next step, after taking away what your body doesn't need, is to provide what it does need. If you give it the vital materials it needs to construct new and healthy cells, your body will heal itself and be restored to balance and harmony.

This second phase should run for at least seven weeks, and ideally eleven weeks, after your cleanse is over (for a total of eight to twelve weeks, so adjust accordingly if your cleanse is more or less than a week).

A proper alkaline diet is essential here, no surprise. The key to this phase, as you go back on solid food, is reintroducing a still-limited range of healthy alkaline foods, as well as keeping clear of certain acidic foods. It's especially important to start with a high degree of conviction, commitment, and determination to follow your new and healthy dietary regimen. You want to get started off on the right foot!

You also want to keep your diet extremely low in starches, focusing on dark green and yellow vegetables; sprouted soybeans, seeds, and grains; nuts and essential mono- and polyunsaturated oils. At least 80 percent of it should be raw. The higher the level of electrons in your food, the faster you will repair and rebuild your body—and cooking destroys your food's natural electron concentration, or life force.

Continue with daily alkalizing green juices, but add some variety. Drinking juice just before a solid meal is good for digestion—supporting the alkalizing buffering system—but you should also have juice on its own. Beyond that, for this phase you want to avoid (in addition to the unhealthy acidic foods described in earlier chapters) all complex carbohydrates, including high-carbohydrate vegetables (potatoes, sweet potatoes, peas, winter squash), all grains, and starchy legumes (meaning all of them, except soybeans and lentils), as well as fruit.

Otherwise, you want to eat as laid out earlier in this book, focusing on alkalizing vegetables, especially green and yellow vegetables, and including healthy mono- and polyunsaturated oils, low-acid sugar fruits (tomato, avocado, lemon, and lime), soybeans, tofu, lentils, and raw seeds and nuts (of the healthy types), preferably soaked. Think vegetable soups, steam-“fried” vegetables, and lots of salads, with liberal amounts of fl ax, hemp, avocado, and olive oils (added after any cooking).

If your pH Miracle Whole Body Cleanse was shorter than seven days, or included some solid foods, you might want to proceed with even more than 80 percent of your diet being alkaline for these eight to twelve weeks.

During this phase, the principles of proper food combining are crucial.



Brina's Story

I had sixteen inches of my intestines cut out when I was twenty-six. The diagnosis was irritable bowel syndrome and possibly Crohn's disease.

The doctors were not exactly positive about my prognosis, and told me I'd need to be on medication for the rest of my life. I refused to believe I had to live with this condition, so I went to the book section of my local health food store and started reading. What I found there changed my life. I started to heal by eating a mostly raw, alkaline diet. But it wasn't until I discovered Dr. Young's program that I truly experienced my own pH miracle. The cleanse is what made all the difference. I started a ten-day liquid feast as soon as I finished reading about it. While I was resting my intestines by not eating, I was able to feel my intestines—and it felt like there were open wounds all along their interior walls. I've read that it only takes two weeks for every cell in the intestines to be replaced. I didn't have to wait even that long: On the fourth day, in what seemed to be only an instant, I felt the wounds were healed. All the pain was gone. And it has never come back for going on eight years now.



ADDITIONAL ALKALIZING SUPPLEMENTS

At this point, you should continue with the supplements already begun and add a few more. Again, you'll find more information on supplements in a future chapter, so here I'm only going to mention the ones that are particularly helpful in this phase. The two most generally applicable supplements are alkalizing mineral salts of sodium and potassium bicarbonate and magnesium and calcium carbonate; and an anti-yeast formula containing glutathione and/or N-acetyl-cysteine. Beyond that, depending on your situation, the following optional supplements can be necessary or valuable: an alimentary canal acid absorber mix of montmorillonite clay and psyllium seed powder and an antiparasite formula containing black walnut hulls. You may also want to use pomegranate seed oil and avocado oil, and vitamin D.

MOVING FORWARD

Congratulations! Now you're ready to move on to the full program, assuming you've made good progress to this point. You can add one serving per meal, properly combined and not to exceed 20 percent of your diet, of the following foods: starchy vegetables (peas, red potatoes, winter squash, sweet potato), legumes, and organic, unstored whole grains (millet, spelt, buckwheat, kamut, quinoa, brown rice, and wheat). And that's it.

You're alkaline.

As you add foods after a pH Miracle Whole Body Cleanse, carefully observe your body's reactions. If any symptoms return, a longer period of totally alkaline meals may be in order, until more healing takes place.

At this point you can add additional alkalizing supplements to address specific symptoms (if any remain).

SECOND NATURE

All this may seem a little overwhelming at first. That's normal when you're faced with a lot of new information. Don't be discouraged. Take some time to familiarize yourself with these alkalizing concepts. Don't be intimidated.

Remember how complicated driving a car was in the beginning? Now it's so natural that your mind can move through many other thoughts quite smoothly while the once new and seemingly complicated behavior has become second nature and automatic. The same will happen as you gain experience with your new pH Miracle lifestyle.

The combination of cleansing when necessary or beneficial and a good diet is designed to keep your body in balance over the long term. It will restore pH balance, stop overgrowth of negative microforms, and heal the damage resulting from the acidic toxins they emit. I do want to note, however, that as far as this biochemical approach can take you toward wellness, you cannot overlook the environmental, intellectual, psychological, emotional, and spiritual factors that also influence your overall well-being.

To truly achieve optimal health, you also need to break the pattern of negativity that feeds sickness and disease. The acidic diet you're leaving behind is just one example. You also have to deal with chemical exposure, prescription or recreational drugs (including cigarettes and their nicotine), and, less obviously, negative thoughts, words, and deeds.

The more closely you adhere to the guidelines in this chapter—and in this book—the better your results will be. You should begin to experience success quickly, so I want to caution you against believing that just because you are better, you are truly well. Especially for those who have been struggling with health challenges, this may be unfamiliar territory.

Relief of your symptoms is all well and good, but when you persist with the program into a completely alkaline way of eating, you'll

experience total wellness that might be beyond what you can imagine while you are plagued by symptoms.

Healthy alkaline living should be instinctive, but clearly somewhere along the way humans have lost the ability to sense it. At this point, extraordinary means are required for its recovery. Fortunately, you hold those means in your hands right now. But what you all must do is get your health under control—then get past it. Don't let it become an obsession. Don't become its slave. A healthy alkaline body and mind put you in a position to better serve the universe. So they are worthwhile aims, certainly. Just don't get so absorbed in attaining them that you miss out on the unpredictable play of Life!

Chapter 23 Alkalizing Nutritional Supplements

Even if your diet were ideal, we'd still recommend supplements. Today's food is a mere nutritional shadow of what it once was—and should be. It is grown with artificial fertilizers in depleted soil and sprayed with pesticides to within an inch of its life. It is harvested early and shipped long distances, and it languishes in trucks and warehouses and on shelves, losing nutrients and electrical potential with every passing minute, for far too long before it ever reaches your kitchen. There are exceptions, of course, but the general picture is grim.

Even if you had a perfect diet of perfect food, your body is so physiologically assaulted by an acidic environment that you'd need alkalizing supplements just to compensate. The average person is exposed to five hundred acidic chemicals a day. (And that's not even taking into account what we knowingly put into our bodies when we eat poorly.)

So in this chapter, I (Rob) am going to detail for you the daily alkalizing supplements I recommend for everyone, as well as those aimed at particular symptoms. You'll see some of the supplements discussed in the chapter on the pH Miracle Whole Body Cleanse covered in more detail here, as well as additional suggestions.

START WITH THE RIGHT PRODUCTS

There are many good products out there, but still you must choose your supplements carefully. Steer clear of anything with added sweeteners. Make sure to get products with no alcohol, glycerin, citric acid, or sugar—four acid ingredients that many companies use as preservatives. Some supplements are contaminated with yeast and fungus, or their spores, and thus are counterproductive at best, and downright harmful at worst. Stay clear of products that contain algae, mushrooms, enzymes, or probiotics. You should check with any company you buy from to find out if they are sensitive to this issue and what safeguards they have in place. For my money, if they aren't checking on it somehow, that's not a company I'd buy from. Some reliable, high-quality brand names are Source Naturals, Soloray, Innerlight Inc., Young pHorever, pH Miracle, and Nature's Way.

DOSING

You can always take supplements according to the instructions on the packaging. I'll give you my guidelines here. For the recommended supplements that come in capsule form, take 1 or 2 capsules at least three times a day. (So, that's up to a maximum of 3,000 mg per ingredient per day, though most you'll be using in combinations so you won't reach the maximum for any one ingredient, and you shouldn't try to.) The liquids, except NaClO₂ or sodium chlorite or potassium hydroxide, you should take under your tongue, 3–5 drops three times a day. With either form, in serious conditions, you can increase the frequency (keeping the amount the same) to six to nine times a day. Where dosing directions are different, I've noted that in the description.

The standard capsule size in the supplement industry is 500 mg. They may contain up to 500 mg of a single ingredient, or a mix of ingredients (some of which may be inert) up to a total of 500 mg per capsule. Liquid colloidal preparations should contain 5–10 parts per million (ppm).

I am not actually picky about how much exactly you get of any one ingredient within this framework for capsules and liquids. Most of what I'm recommending comes mixed with other things, and you'll certainly want to take advantage of combinations to keep the total number of capsules you take within reason. The combinations (at least from the good companies) mix ingredients that complement one another, so if you get 25 mg rather than 50 mg of one thing, you're probably getting an extra 25 mg of something else that works similarly in the mix. There is general agreement on what level of each ingredient is effective, and most manufacturers use roughly the same amounts. If you look at all the options on the health food store shelf, you'll see there's at least a loose consensus about how much you should take. Anyplace where the specifics matter, I've spelled that out in the descriptions below.

Keep in mind that the doses given here are generalized, and based on a body weight of 154 pounds, or 70 kilos. Everyone's body chemistry is unique, and you may require a greater or lesser amount than what is suggested depending on your weight, body type, health challenges, genetic constitution, and sensitivity. If you're lighter or more sensitive to supplements, stay on the lower end of the range I've provided. If you're heavier or not seeing the results you want, move to the higher end. You'll find what is right for you. Listen to your body.

As with any nutritional supplement program, you should consult your health care practitioner before you begin taking anything.

LIQUID COLLOIDALS

Much of what I recommend is in colloidal, or liquid, almost homeopathic form. Colloids are the smallest biological form of any matter, and are small enough to pass through membranes. Nutrients in this form need no digestion; they bypass the alimentary canal and are easily absorbed and ready for use by the body. There is no need to waste energy converting them into a usable form, as with standard supplements. This is particularly important if you have an illness, as that will further compromise your digestion (alkalizing buffering

system), increasing the risk of leaving you malnourished and anemic just when you most need alkalizing electrically active nutrients.

Although they are generally absorbed more quickly, liquids are not necessarily superior to other forms. But they are almost always a good idea. If you use both liquid and capsules, you'll give your body a range of benefits.

Liquid colloidal supplements can be taken anytime, though you should use them apart from meals, with doses spaced out over the day. Place drops under the tongue, rather than swallowing them, for rapid, direct absorption into the bloodstream. You can also take them through your nose with a nebulizer. You can take one supplement right after another this way, though you should leave fifteen-second intervals between them. Or put them all into a few ounces of pure water and drink your "colloidal cocktail" slowly. Or nebulize them at about 5–10 ml per treatment. Any way you do it, you are aiming for 3–5 drops three times a day. Keep in mind that taking less, more often, is better than taking more, less often. That is, 3 drops five times a day is better than 5 drops three times a day.

USING SUPPLEMENTS

When you are shopping for supplements, you may not always be able to find the exact combinations described here. I've generally listed the ingredients in the order of importance, so although I'm a big believer in the power of the combinations, you'll get most of the benefit out of a blend with at least the first couple of ingredients here.

Later in this chapter, we'll get the specific supplements targeted to specific symptoms and conditions. I want to start, however, with the basic things everyone would benefit from taking daily, such as vitamins and, especially, minerals.

Nutritional deficiencies can cause their own problems, of course, but on top of that they also increase the toxicity of mycotoxins. And in a vicious cycle, mycotoxins interfere with nutrient absorption, creating deficiencies. Minerals are especially important because without them, vitamins and alkaline buffers cannot function. Plus, minerals

are what our soil—and thus our food—lacks. Low- or no-impact exercise flushes dietary and metabolic acids out of our bodies, but with them go some alkalizing minerals.

Furthermore, specific to our purposes here, detoxification (as with the pH Miracle Whole Body Cleanse, or just shifting to an alkaline diet) requires extra mineral nutrients, especially the mineral salts of sodium, magnesium, potassium, and calcium.

If all the information that follows seems like too much, remember that you can make quite a lot of progress using just concentrated green powder and alkalizing pH drops along with a alkaline diet. A multivitamin and a multi-mineral formula compose the next basic layer. Beyond that, the benefits are laid out here to help you decide what is best for you (working along with a health care provider). All the alkalizing supplements here complement the dietary changes you are making, support you while you are making those changes, and protect you when you don't eat right. They are invaluable if you are facing particular acidic symptoms. But you have to determine what works best for you—including how many supplements you can manage.

THE ALKALINE STARS

Here's what everyone should take daily. If you remember the COWS plan (chlorophyll, oils, water, and salts)—this is going to look very familiar. The same four things that are the foundation of your diet form the basis of your alkalizing supplement program, with the addition of a multivitamin and a multi-mineral supplement.

C IS FOR CHLOROPHYLL, AND CONCENTRATED GREEN POWDER

Supplement what you get through the plants you eat with concentrated green powder or liquid chlorophyll. You can take them separately, or use them to boost the effects of juiced greens. (Just don't use instead of juicing.)

If you aren't accustomed to the taste of vegetable juice, you may find that a mint-flavored liquid chlorophyll smooths it out quite a bit. (Be sure to avoid the preparations with added sugar or glycerin, which is

especially common if mint is added.) Add 1 teaspoon liquid chlorophyll per eight ounces of pure water. You can find liquid chlorophyll at your local health food store or online (see resources). There are many brands, but the best are Young's, World Organics, Innerlight, and DeSouza's.

Ideally, at least 3 of the 4 liters of water you drink should also have a teaspoon of liquid chlorophyll or a powdered concentrate of vegetable and fruit greens and grasses mixed in. Many different companies make this kind of supplement, and many different concentrated green powders are on the market. Single-ingredient powders (just wheatgrass or alfalfa, for example) may be easier to find, but you should look for a mixture of green grasses and vegetables and fruit, which are easily assimilated and rapidly alkalizing, and combinations that are naturally rich in fiber, which bind with and remove toxins from the body. The key ingredients are (organic) wheatgrass, barley grass, and kamut grass. They should be mixed with a variety of green vegetables such as broccoli, kale, and spinach—the exact ones are less important than simply getting a wide variety. A formula containing avocado and cucumber, rich in alkaline salts, which can bind mycotoxins and take them out of the body, would be an excellent choice. Sprouted ingredients such as hemp and soy are good, too, as the sprouting phase is when a plant is at its nutritional peak.

Green powder is nutrient-rich (including easily digested protein) and helps to gently transition your blood and tissues from acidic to alkaline, reaching a natural, ideal pH balance. It is the primary food supplement for building healthy blood.

A concentrated sprouted organic wheat (wheatgrass) supplement is another excellent source of concentrated chlorophyll. You can also take capsules, in the usual way. Look for a combination with 25–50 mg of each ingredient, for a total of 500 mg per capsule.

O IS FOR OMEGA-3 AND -6 OILS

Omega-3s, especially, are absolutely crucial to your health, so you

should supplement what you get in your diet from fish, seeds, and oils.

Long-chain polyunsaturated omega-3 oils can chelate or buffer environmental, dietary, and metabolic acids. Omega-3s and omega-6s are normal parts of human cells, and are especially abundant in brain cells, nerve synapses, visual receptors, adrenal glands, and sex glands. They protect the heart, inhibit cancer cells, and provide a range of other health benefits besides.

Omega-3s protect the heart in a variety of ways. They help disperse saturated fatty acids, which like to stick together, thereby avoiding lumps of fat in the blood that dampen electrical charges. They keep blood platelets from getting too sticky, resulting in lower likelihood of clots that can cause heart attacks or strokes. They lower triglycerides by up to 65 percent. They lower cholesterol and low-density lipoprotein (LDL). They lower very low density lipoprotein (VLDL) by half. They also convert the harmful VLDL into LDL, which is particularly helpful to people with diabetes. High triglyceride levels, and especially LDL and VLDL, are associated with cardiovascular disease: high blood pressure, atherosclerosis, heart and kidney failure, stroke, and heart attack. Furthermore, our bodies make prostaglandin PG3 from EPA. PG3 helps prevent strokes and heart attacks, lowers high blood pressure (by blocking the production of pressure-raising PG2s found in meat), and prevents pathological blood clotting in the lungs and blood vessels.

The omega-3s eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are antimycotoxic, lowering levels of repair proteins (a sign of mycotoxins in the blood) in the arteries. Repair proteins are also involved in the development of atherosclerosis, so lowering them is a double bonus.

Omegas can help:

- Lower blood pressure, blood cholesterol, and risk of stroke and heart attack.
- Normalize fat metabolism in diabetes and decrease the amount of insulin diabetics require.

- Prevent liver damage due to alcoholism, reduce withdrawal symptoms from quitting an alcohol addiction, and help with a hangover.
- Contribute to building a prostaglandin that helps some schizophrenics.
- Cause weight loss by increasing metabolic rate and fat burn-off.
- Relieve premenstrual breast pain and PMS. Borage oil together with vitamins and minerals has been shown to bring improvement in almost 90 percent of patients.
- Prevent drying and atrophy of tear and salivary glands (Sjögren's syndrome).
- Prevent arthritis in animal studies.
- Improve the condition of hair, nails, and skin.
- Improve some types of eczema.
- Slow or stop the progress of multiple sclerosis, especially if begun soon after initial diagnosis. (Fish oils have been used with equal effectiveness.)
- Help treat nerve degeneration (diabetic neuropathy) in Type 2 diabetes, when sugar and saturated fats are removed from the diet as well.
- Kill cancer cells (cells infested with mold and mycotoxins) in tissue culture without harming normal cells; animal studies have shown EPA and DHA to inhibit the growth and metastasis of tumors.

Another beneficial omega, the omega-5 CLA appears in rare plant form in pomegranate seeds (CLA is commonly found in meat and dairy), so the seeds and their oils are very good for you.

Cold-water fish are good sources of omega-3s, and their oils in supplement form are a good choice. There are plant sources as well, if you wish to avoid all animal products—including from flax, hemp, walnut, and soybean oils. Note, however, that the body converts the omega-3s found in plants into the forms found in fish, a several-stage process that requires work. So if you have a weakened system, it may be better to take the preformed (animal) omega-3s. Omega-6s are found in the seeds of borage, primrose, sunflower, and black currant, as well as in fish oils. Gamma-linolenic acid (GLA) is the primary one. Borage seed oil contains up to 24 percent GLA,

evening primrose oil about half that. Borage also contains about 34 percent linoleic acid, another omega-6. Safflower has 79 percent, sunflower 69 percent, almonds 26 percent, pumpkin seeds 42 percent, and canola 28 percent. Hemp oil has an ideal ratio of three parts omega-3s to one part omega-6s—just as fish oils do. EPA and DHA are found in cold-water fish and other northern marine animals. Trout, salmon, mackerel, sardines, tuna, and eel are the richest sources of omega-3 fatty acids. For those who wish to avoid animal products, there are plant sources for a precursor to EPA and DHA, another omega-3 called alpha-linoleic acid (ALA), including flax, hemp, walnut, and soybean oils.

Get at least 3,000–4,000 mg daily of each omega to help the body buffer acids and maintain its alkaline design. Make sure the supplements you use are fresh. Checking is easy: Break open a capsule and take a whiff—there should be no “fishy” odor.

W Is for Water—Alkaline Water

Water is not a supplement in and of itself, of course, nor should it be: Water is absolutely central to good health and in no way “supplemental.” But the best ionized, filtered, alkaline, electron-rich water is, all by itself, a potent antioxidant, much more powerful than taking a vitamin C tablet, for instance. Furthermore, water is the delivery system for two of the most important components of this program—green powder and alkalizing mineral salts.

S IS FOR SALTS AND SODIUM BICARBONATE

Whole, unprocessed mineral salts are antioxidant, antibacterial, antifungal, antitoxin, anti-inflammatory, and anticarcinogenic. They are immune enhancing.

Taking them daily helps reduce dietary and metabolic acidity and slow down or reverse the processes of aging and decay in the body. Mineral salts reduce high blood sugar, cholesterol, irritation, inflammation, and bone loss. They improve digestion, especially as it becomes slower and less complete with age, and help your body alkalize food.

Mineral salts can be used to detoxify and purify the body from the buildup of dietary and lifestyle-produced acids. Regular use improves overall health and energy and reduces fatigue. Mineral salts also help increase endurance, stamina, and speed, and so are useful not just for daily life but also for athletic performance of any kind. Mineral salts release oxygen in the body, fighting microforms (including Candida) that thrive in the absence of oxygen, chelate foreign material, and neutralize acids. Salts help your body stay alkaline.

For supplement use, you want a combination of chlorine dioxide (ClO_2) or its precursor sodium chlorite (NaClO_2), magnesium carbonate (MgHCO_3), potassium bicarbonate (KHCO_3), and calcium carbonate (CaHCO_3), in roughly even amounts. Your best bets will be mineral salts from the Great Salt Lake, the Dead Sea, the Celtic Sea, or the Himalayas. We have our own formula called Young pHorever pHour Salts, and you can find something along the same lines at your health food store. Another option is Innerlight's 4 Salts powder or capsules, available online. Tri-Salts is another product that has just the magnesium, potassium, and calcium carbonates, but no sodium. You can use that, or a similar formula, if you can't find all four together, adding in whatever is missing separately. You can use sodium bicarbonate (see below) to fill in sodium. If even that is out of reach, you can just get some good sea salt and eat as much of the darkest green foods you can manage.

The best way to get your mineral salts is to stir up your own salt solution: Take 1 teaspoon in one 8-ounce glass of alkaline water, three times a day. With liquid mineral salts, add 15 drops per liter or quart of water—and drink four of those liters/quarts a day. For smaller servings, add 4–6 drops to 8–12 ounces of water. Or follow the directions on the label of the product you are using.

SALT THERAPY

You may wish to take more alkalizing mineral salt, or use it differently, if you are facing any of the symptoms on the following list. Though I've recommended doses, be sure to monitor your urine pH

while using salts. It should be between 7.6 and 8.0 if you are dealing with minor symptoms, or between 8.0 and 8.4 for serious health challenges— and adjust your salts intake accordingly. And remember, salts are for use this way only when you are committed to an alkaline diet.

- For weight gain that comes from metabolism decreases and thyroid production decreases that come with aging, take 1–3 teaspoons of salts in 4–6 ounces of water.
- For indigestion, acid reflux (heartburn), or nausea, take 1–3 teaspoons of salts in 4–6 ounces of alkaline water to buffer dietary acids and excess HCl. You can also take it just before an acidic meal to buffer or chelate food acids.
- For constipation, take 1–2 tablespoons of salts in 1 liter of alkaline water first thing in the morning, on an empty stomach. You can do this anytime you need or want to clean the alimentary canal and flush the bowel. Use mineral salts such as magnesium carbonate or magnesium oxide to break up undigested proteins in the small intestine.
- For pain and swelling due to injury or lactic acid buildup from exercise, take 1 tablespoon of salts in 1 liter of water.
- For psoriasis or other skin irritation or inflammation, spray liquid colloidal mineral salts directly on the skin. You can make this liquid colloidal mineral salt spray by adding 1 teaspoon of Himalayan or Real Salt, or a combination of the four alkalizing mineral salts, to 4–6 ounces of water.
- For rheumatism or joint pain; insect bites; blisters; wounds; poison oak, ivy, or sumac; or other skin irritations or imbalances, take a brine bath in a tub full of hot water with 5–6 tablespoons of mineral salts stirred in. (Or use Epsom salt.) Anyone interested in healthy, beautiful skin can benefit from a similar soak, which pulls acid from the skin and lets salt's healthy minerals penetrate your skin to promote natural cell growth in your skin cell layers.
- To prevent muscle cramps add 1 tablespoon of mineral salts to 1 liter of alkaline water and drink three times a day.
- To slow the bone loss that increases with age and can lead to osteoporosis, add 1 tablespoon of mineral salts to 1 liter of alkaline water and drink three times a day.

- To clear sinus congestion, spray salt solution directly in the nasal passages. Add 1 teaspoon of mineral salts to 4–6 ounces of alkaline water and mix. Take this mixture and put into a neti pot or a nose spray applicator and infuse the solution slowly into your nasal passages. (See resources.)
- For lung congestion, add 1 tablespoon of mineral salts to 1 liter of alkaline water and drink three times a day.
- For hormone or endocrine system problems, add 1 tablespoon of the four alkalizing mineral salts to 1 liter of alkaline water and drink three times a day. A healthy endocrine system runs on electrons transported on the backbone of mineral salts. Salts counter age-related hormone issues including loss of muscle mass and skin tone, and decreased sex drive, in both men and women.
- For sleep problems, including sleep apnea, add 1 tablespoon of mineral salts to 1 liter of alkaline water and drink three times a day. Salt is a natural hypnotic.
- To counteract allergy symptoms, add 1 tablespoon of mineral salts to 1 liter of alkaline water and drink three times a day. Salts act as strong natural antihistamines.
- To maintain your libido and fight erectile dysfunction (ED), add 1 tablespoon of mineral salts to 1 liter of alkaline water and drink three times a day. Salt increases oxygen circulation, which improves ED.
- To prevent varicose veins and spider veins on your legs and thighs add 1 tablespoon of mineral salts to 1 liter of alkaline water and drink three times a day.
- To stabilize blood sugar levels, add 1 tablespoon of mineral salts to 1 liter of alkaline water and drink three times a day.
- To stop cravings, including for cigarettes, alcohol, coffee, tea, or chocolate, spray liquid colloidal mineral salts in your mouth. You can make your own salt solution with 1 teaspoon of the four alkaline mineral salts, Himalayan Salts, or Real Salt in 4–6 ounces of water.
- To combat acne, spray liquid colloidal mineral salts directly on the skin. You can also make your own salt solution with 1 teaspoon of the four alkaline mineral salts, Himalayan Salts, or Real Salt in 4–6 ounces of water.
- For athlete's foot or other fungus, spray liquid colloidal mineral salts directly on the affected area. You can also make your own salt

solution with 1 teaspoon of the four alkaline mineral salts, Himalayan Salts, or Real Salt in 4–6 ounces of water.

- For motion sickness, spray liquid colloidal mineral salts directly in your mouth. You can also make your own salt solution with 1 teaspoon of the four alkaline mineral salts, Himalayan Salts, or Real Salt in 4–6 ounces of water.
- For a sore throat, spray liquid colloidal mineral salts to the back of the mouth. You can also make your own salt solution with 1 teaspoon of the four alkaline mineral salts, Himalayan Salts, or Real Salt in 4–6 ounces of water.

You can also use salts in specific ways to support and enhance athletic endeavors:

- To increase energy and reduce fatigue, take 1 teaspoon of salts in 3–4 ounces of alkaline water.
- To increase stamina, endurance, and speed, take 1 tablespoon of salts in 1 liter of water an hour before exercise or an athletic event.
- To increase sprint speed (running or swimming), take 1 tablespoon of salts in 6–8 ounces of water one hour before the event.
- During marathons or any extended athletic event, take 1 tablespoon of salts in 6–8 ounces of water every hour.

Sodium bicarbonate (NaHCO_3) has long been well known and widely used—often under its most familiar alias, baking soda, or sometimes bicarbonate of soda. It occurs naturally in many mineral springs, and is also produced artificially. Much of the hundred thousand tons a year produced worldwide has aluminum added, so you have to be careful in selecting a safe, pure version. Check the label. One good choice is Bob's Red Mill brand, which is plain baking soda, uncontaminated by aluminum.

I recommend baking soda to everyone—1 teaspoon of baking soda dissolved in four to sixteen ounces of water two to three times a day. (Up to 1 tablespoon if you are struggling with a serious health challenge.)

Broad-Spectrum Multi-mineral Formula with Cell Salts
Look for a combination of a wide variety of minerals and trace

minerals, plus the twelve cell salts. You should get 1 mg each of the cell salts (mineral salts, also known as tissue salts, which are at the foundation of every cell, and without which we would die). They are potassium sulfate, magnesium phosphate, sodium chloride, sodium phosphate, sodium sulfate, calcium phosphate, calcium sulfate, calcium fluoride, ferric phosphate, potassium chloride, potassium phosphate, and silica. Those should be mixed in with the macro minerals, including calcium, magnesium, manganese, zinc, and iron, plus all of the trace minerals—of which there are about eighty-seven. The wider variety you get, the better, but in case you can't find all eighty-something, be sure to get phosphorus, potassium, zinc, selenium, copper, chromium, and iodine. Each capsule of the multi-mineral formula you choose should be 500 mg, as most are.

Broad-Spectrum Multivitamin Formula with Cell Salts

Here again, look for a wide variety of vitamins, ideally combined with cell salts (same as above). At minimum, it should have vitamins A, thiamine (B1), riboflavin (B2), niacin (B3), choline (B4), calcium D-pantothenate (B5), pyridoxine hydrochloride (B6), biotin (B7), inositol FCC (B8), folic acid (B9), cyanocobalamin (B12), vitamin C, vitamin E, and PABA. Vitamin D3

Most people are deficient in vitamin D, and it is so crucial to good health in so many ways, I recommend to everyone taking 2,000 IU daily. Choose the D3 form; it's the most potent. (People challenged by bone density loss should use much larger doses)

MAGNESIUM

Magnesium is one of the four major alkaline buffers of the body. It is also essential for maintaining a healthy body temperature at 98.6. You'll get some magnesium carbonate in your mineral salts, but I also recommend 500 mg a day of magnesium chloride.

POTASSIUM

Take 1,000 mg of potassium chloride at least once a day, in addition to what you will get in your mineral salts.

THE SUPPORTING CAST

If you are ready to expand your use of nutritional supplements, the next place to look is at the list of supplements most useful during a cleanse. They form a core alkalizing supplementation program.

(They are listed here in alphabetical order.)

- Antimycotoxic buffers include superoxide dismutase (SOD), catalase, glutathione, glutathione-S-transferase, glutathione peroxidase, and methionine reductase. These are not digestive enzymes; rather, they chelate (bind to) acids, allowing them to be excreted from the body. These powerful antioxidants are neutralizers of dietary and/or metabolic acids, essentially “mopping up” excess dietary and metabolic acids and so preventing damage to healthy body cells.
- Caprylic acid controls negative microforms and their toxins. It is an antifungal saturated fatty acid approved by the FDA in 1984 for sale over the counter. Studies have shown that patients treated with caprylic acid have completely eliminated fungus from their stool. It can also bring about a remission of symptoms in fungus-related health problems, and appears to be safe and effective with no serious side effects. The most effective caprylic acid formulations are those designed to be released in the colon, where most fungus resides. Along with being effective in eradicating fungus, caprylic acid is also useful after treatment for gout, indigestion, yeast infections, toe fungus, and rashes, as well as for prevention. Caprylic acid almost always comes in a formula combined with:
 - Flavonoids from antioxidant fruits and vegetables. These are potent acid neutralizers. Quercetin, hesperidin, curcumin, luteolin, proanthocyanidin, naringenin, catechins, and artichoke extract are among those found to be effective.
 - Glutathione, a super antioxidant, helps the body repair damage from stress, pollution, infection, and damage due to dietary and metabolic acids. It buffers acidity in the cells to help maintain the alkaline design of the body. It is also antiviral, antimycotoxic, and detoxifying in general, and prevents and calms inflammation. It plays an important role in metabolism.

Glutathione is especially valuable to anyone dealing with the symptoms of anemia, impaired glucose tolerance or diabetes, atherosclerosis, lung congestion and inflammation, herpes, hearing loss, poor sperm motility, cancerous conditions, Parkinson's, cataracts, or acute or chronic joint or muscle pain. Glutathione also supports the immune system. A botanical extract of glutathione from the avocado plant is showing promise in clinical testing as an adjunct to cancer therapies.

Glutathione is not an essential nutrient—the body can build it on its own, given the correct resources. It can be synthesized from the amino acids L-cysteine (see below), L-glutamate, and glycine—essentially, from protein.

Most Americans get less than 100 mg glutathione daily via diet, but we'd benefit from several times that. Supplements are commonly found in doses ranging from 50 to 2,000 mg daily. The liquid version we sell contains 430 mg per dose. You should take glutathione three times a day. Choose your supplement carefully—many glutathione supplements are obtained from yeast fermentation and must be avoided. There are healthy sources available, though. Ours, for example, is extracted from avocados. Using avocado oil will also add some glutathione (along with other beneficial components) into your diet.

- N-acetyl cysteine, a form of protein, controls negative microforms, and is a powerful antimycotoxin. It provides excellent protection against a broad range of toxic hazards (including the toxins acrolein, in barbecue and cigarette smoke and auto exhaust; paraquat, an herbicide; overdoses of acetaminophen, the pain reliever in Tylenol; halothane, an anesthetic; and the side effects of the anticancer drugs Adriamycin and cyclophosphamide). Studies show that N-acetyl cysteine can also bond to toxic heavy metals such as lead, mercury, and cadmium and escort them out of the body. But perhaps its most valuable function of all is that glutathione (see above) can be derived from it.

N-acetyl cysteine is a normal component of the human body, but to receive its maximum benefits you'll need supplements. Take 500 mg three times a day in capsule form; for a liquid version, take 1 teaspoon three times a day.

AN ANTIMYCOTOXIN FORMULA

To detoxify mycotoxins and expunge acids from the body, look for a combination of glutathione, N-acetyl cysteine, L-taurine, and organic sulfur, all of which are excellent at binding to toxins and escorting them out of the body. The usual dose applies: 1–2 capsules, three times a day, though if you are using more than one of these individually, you should take less of each, say around 1 capsule three times a day.

- Noni fruit concentrate, which is antifungal and antiparasitic. It works by activating phytonutrients and allows the body to renew its cells and rebuild healthy blood and tissue. It also improves alkalizing of food in the alimentary canal and absorption of nutrients, and helps cells use protein. Noni regulates the health of cellular proteins, as they are used in the creation of different body chemicals. Noni fruit has been used traditionally throughout Polynesia for a wide range of symptoms, including digestive problems, intestinal parasites, skin disorders, allergies, arthritis, and diabetes. The active ingredient, xeronine, is also found in papaya, and is physiologically active in trace amounts. Minuscule amounts occur in practically all healthy cells of plants and animals. Noni fruit also contains significant amounts of xeronine's precursor, proxeronine.

Don't worry, noni is a very bitter—low-sugar—fruit. As a result, though, many supplements are unfortunately full of added sugar or other sweetener. Be sure to steer clear of those! You also want to avoid any pasteurized noni products. Most likely you'll find noni as a powder, in capsules. You may also be able to find a liquid colloidal preparation, which would be ideal.

- Pine bark extract. One of the most valuable bioflavonoids is pine bark extract, which helps bind up acidity, thereby reducing inflammation (aches and pains) in the body. It has been shown to bind directly with the body's connective tissue, maintaining and

repairing it. Pine bark extract is an exception to the rule in that even if it comes in normal-size capsules, most products contain just 25–50 mg of the stuff, which is fine. You still want to take 1–2 capsules, three times a day.

- Rhodium and iridium, which are minerals that come in colloidal form, provide nourishment to cells that have been damaged by mycotoxins, allowing them to recover their ability to communicate with one another effectively.

DNA conductivity was increased ten thousand times when a rhodium atom was added at both ends of the strand. Of course, this was done in a lab, and it has not been determined that the body does this. But it does show that the superconductive (allowing electrical current to flow without resistance) potential of a metal can be biologically active.

US Naval Air research has shown that cells in living tissue communicate with one another in a superconductive fashion, but the identity of the superconductors was not determined. While there is still much we need to understand about the process, clearly these conductive metals are effective in stimulating electrical impulses at the cellular level, inducing the flow of electricity in and among cells.

- Silver supports the body's own natural defense system, and is a powerful natural alkalizer. It assists in the organization of cells that make up new tissue. Look for a liquid colloidal preparation.



Bob's Story

I was lining a water storage shed with highly flammable materials, on the roof doing fire watch while my partner was inside working. The pump attached to the truck was grounded improperly, causing static electricity in the lining of the hose, which combusted in a large explosion. My partner was burned over 90 percent of his body, and died in the hospital four hours later.

The flames shot up through the skylight, through which I was gazing, so I received a flash burn. I was blown off the roof and landed on the ground, my face and hands badly burned. I was taken by air ambulance to the hospital burn unit. My head was swollen to twice its normal size, my eyes swollen shut, and my face black and crisp. My nose had more or less disappeared in the swelling, so breathing tubes had to be inserted into my nasal cavities. My ears were severely burned, my fingertips charred and numb, my fingernails melted.

I was told I had second- and third-degree burns on my face and third-degree burns on my hands. The head of the burn unit told me I would be in the hospital for two or three months and would need many skin grafts, especially to my hands. He said he thought I would lose my fingertips and my ears.

The very next day, my mother brought me colloidal silver, with directions to use it externally and internally as frequently as possible, because it assists in growth of new tissue. She had learned from Dr. Young that silver's negative electrical charge counters the positive charge of a damaged body area, bringing it back into balance and enabling the body to regenerate and heal itself. Mom sprayed undiluted colloidal silver onto the burned areas, and I took it by drops under my tongue. I also took cat's claw, germanium, flax seed oil, and vitamin C, as Dr. Young recommended, and, once I was well

enough to eat, lots and lots of greens. As soon as I was off intravenous feeding, my mother brought me wheatgrass juice, green juices, and concentrated green powder to bolster my nutrition and healing.

My mother applied the silver many times a day. It was absorbed into my skin instantly. It felt cool and tingling and loosened the tension on my face, hands, and fingertips. The tips of my fingers and the skin under my nails started throbbing and tingling. The staff said it was because my nerves were healing and the blood was circulating.

After only one day of treatment with silver, it was obvious that healing was happening very rapidly. New tissue and skin grew back at an accelerated pace. The swelling of my head diminished rapidly, and the breathing apparatus came off almost immediately. The plastic surgeon told me I was healing twice as fast as any burn patient he'd ever seen in his long career.

When I told him it had to be because of what my mother was giving me, and the alkaline diet, the doctor asked to see what I was using. He read the ingredients and said he didn't see anything wrong with using it (in fact, the healing salve used by the burn unit contained silver), though he noted that the hospital could not be held responsible if anything negative occurred, since it was not a hospital-prescribed medicine.

I still have my fingertips and my ears. I had one skin graft on each hand, but my own skin grew back so fast with the help of the silver that the grafts were useless and actually fell off! I was out of the hospital in two and a half weeks—not two or three months! What most amazed me was that my new skin looked better (smoother) after it healed than it had before I was burned.

The burn unit staff marveled that they had never seen anything like my recovery. The nurses asked if they could use my pictures to show to other burn patients, to help explain the healing process. I was happy to say yes, but asked them to tell them about the colloidal

silver, too, and the greens I was getting. They said they'd do their best.

I know I am truly blessed to have healed from these terrible burns with no damage—and no scars.



Undecylenic acid, made through vacuum distillation of castor bean oil, is another fatty acid proven to eradicate or devolve yeast and fungus and counter their toxins. Listed in the US Pharmacopeia for use as a topical antifungal, undecylenic acid can also be used orally for treatment of psoriasis, neurodermatitis, and intestinal fungus. Some studies have shown that undecylenic acid is even more effective than caprylic acid.

Undecylenic acid is almost always sold combined with caprylic acid (above). Look for a formula that contains 25–50 mg of each.



Catherine and Cheryl's Story

When my daughter Cheryl got so sick that she had to be hospitalized and put on antipsychotic drugs so strong they came with a possibility of causing permanent nerve damage, the doctors admitted they weren't even sure what was wrong. Schizophrenia? Bipolar disorder? A psychotic episode? I knew we were really in deep when one of the many, many doctors I consulted in my search for something better for Cheryl—a psychiatrist so well known that if I used his name, you might recognize it—told me, “They’ll give her condition a name and they’ll give her a drug, but they don’t really know what they’re doing or what they are talking about.” This from a man whose business it is to give these things a name and prescribe a drug, who in fact has gotten famous for doing so! He suggested I find a residential facility and check her in for at least a year—in part to get some rest for myself!

I wasn't about to send Cheryl off into the hands of still more doctors and psychologists, none of whom seemed to have a clue what was really going on or what to do about it that might actually be productive.

I turned my search to “alternative” medicine, and found a psychiatrist who deals with depression and mental illness through nutrition. Through my own research, I had already started Cheryl on an all-organic, high-protein diet and approximately two hundred supplements a day. This new doctor agreed with that approach, and added weekly B12 shots. Cheryl seemed to be getting better.

Eight months and six thousand dollars into this regime, Cheryl was still having violent mood swings and depression, and she finally slipped back into psychosis. She ran away and it was a year before we could get her back into the hospital again. I had to smuggle supplements in to her in plastic containers— as “malted,” ironically.

No supplements were allowed for the mentally ill patients—only dangerous antipsychotics, and as much sugar and caffeine as they liked. And don't even get me started on the food. I could never approach the subject of nutrition with her doctors, never mind tell them she was taking hundreds of vitamins a day. When Cheryl was released from the hospital faster than many other patients, many of whom were less ill than she was at the outset, the doctors attributed her rapid recovery to their new wonder drug.

After she was released, I took her to Mexico for live cell therapy to the tune of fifteen thousand dollars. It allowed her to get off the drugs, but it didn't stop her mood swings or depression. She cried almost every day from May to September. So did I.

Throughout all this, my own health seriously degenerated. I had been neglecting my body, and the incredible stress took its toll. I was swollen all over (from yeast, I now know). I had pain all over my body. My vision was often so bad I could hardly see. I had no energy to speak of.

Finally, I ran across Dr. Young. Both Cheryl and I had live blood analysis and learned about the parasites in her blood that cause anxiety and depression. We learned about this program, and I knew that, at last, we had found the solution.

We both did the cleanse and started taking several antifungal/antimycotoxin formulas, including colloidal caprylic acid, undecylenic acid, germanium, and N-acetyl cysteine, as well as rhodium and iridium for the brain, multivitamin with cell salts, L-aurine, and omega-3 oils, then continued to the full diet. Cheryl's depression stopped. Her mind is clear. She laughs regularly. I am ecstatic. My "baby" is well. My health is better than it's been in years. My mind is clear and keeps getting clearer. I am more perceptive, visually and mentally. My skin feels wonderful and I can see my cheekbones again for the first time in twenty years. I have greatly increased energy and a general sense of well-being.

Our kitchen is filled with bowls of sprouts of every variety. We are eating almost totally raw, and she is concocting many wonderful and some, shall we say, "interesting," recipes. We hope to be starting an "Un"Cooking class soon. Cheryl has a vision of opening a "Diet Center" based on the principles of The pH Miracle, where people can come and get well. Thanks to this program, I know whatever her dreams, she'll be able to make them come true.



THE CAMEOS

The following nutrients, also in alphabetical order, are helpful for bringing your body back into balance. Once you are there, they are optional, though you'll do well to continue with them.

All these would be great on their own, but they are often found in combination formulas as well. When you are evaluating products and various combinations, these are some of the most beneficial ingredients to look for:

- Butyric acid, another short-chain saturated fatty acid, helps chelate mycotoxins that increase low-density lipoproteins (LDL cholesterol). It is healing to the mucous membranes of the stomach and small and large intestines. It can, for example, repair the damage *Candida albicans* creates in the intestinal walls. Butyric acid also boosts immune function by detoxifying the lymph system of yeast and fungus and their associated mycotoxins.

Butyric acid, which comes as a liquid, alone, or with other antifungals, can be hard to find. As long as you are getting caprylic or undecylenic acid, you don't have to worry about getting butyric acid if you can't find it.

- CoQ10 is one of the three strongest and most versatile antioxidants in the body. It increases cellular energy, reduces toxic acid levels in cells, and protects the heart and brain against dietary and metabolic acids.

- Gallium helps form antitumor compounds. It has specific areas of activity in the human brain and has been reported to reduce the rate of brain cancer in laboratory animals. British research shows that pregnant women taking supplemental gallium reduced the rate of brain cancer in their children.

Take 3–5 drops of a colloidal preparation three times a day, or follow package directions.

- Garlic extract improves the alkalinity of the body and also increases

HDL cholesterol while lowering total cholesterol. Garlic has been widely used in health and medicine for centuries. For example, both the Roman poet Virgil and the Greek physician Hippocrates mention it as a remedy for pneumonia and snakebite. Though it is silent on the snakebite issue, modern science does tell us that garlic is a good antifungal and antibacterial agent and inhibits yeast and mold as well as fungus and bacteria. It has been shown to be effective against the bacteria *Staphylococcus aureus* and *E. coli*, in particular, as well as on *Candida albicans*. Of these three common organisms,

Candida has been shown to be the most sensitive to garlic juice. Even small amounts of garlic are effective, but the chemical component that is most therapeutic (allicin) also gives garlic its strong odor. So beware of the “odorless” formulations (though they may still provide benefits to cholesterol levels and fat metabolism). Garlic supplements are particularly important if you don’t like the taste or smell of garlic, and so aren’t getting it in your regular diet.

- Organic germanium is a metallic element that helps eliminate yeast and fungus, thanks to its promotion of increased production of interferon, which has antitoxic and antiparasitic activity. It also enhances metabolic chemical reactions based on oxygen (which, in the human body, is most of them). Organic germanium also stimulates electrical impulses on a cellular level, helping the body discharge certain unwanted electrical fields and allowing much-needed current to flow through. In other words, it helps establish the desired electrical balance. That’s crucial because electricity provides fundamental organization and control in the body—like a framework for all other processes. Germanium capsules generally contain just 25–50 mg; if you get a combination, look for that much germanium.
- Gold supports the body’s own natural defense system. It has been used successfully to treat arthritis, skin ulcers, burns, certain nerve-end operations, various types of punctures, obesity, and inoperable cancer, but fell into disuse with the advent of antibiotics and other (toxic) drugs. Gold is a conductor of electricity, which may help in cellular communication, metabolism, and regeneration. Research has shown that gold has the potential to repair damaged DNA. Gold can have a psychologically balancing and harmonizing effect, easing

depression, seasonal affective disorder, melancholy, sorrow, fear, despair, anguish, frustration, and even suicidal tendencies.

The preparation of gold to look for is expensive jewelry. Just kidding! Seriously, the colloidal form is what you need. Use 3–5 drops three times a day, or follow package directions.

- Olive leaf extract acts against morbid microforms, is an excellent antimycotoxin, and has antibiotic properties. It also benefits the cardiovascular system by protecting HDL cholesterol (“good cholesterol”) from oxidation. Botanists believe it is the chemical compound oleuropein’s presence throughout the olive tree—in the wood, fruit, leaves, roots, and bark—that protects it from insects and bacteria. Furthermore, calcium elenolate, made from one of oleuropein’s breakdown products (elenolic acid) is a major destroyer, or growth inhibitor, of many kinds of microforms. Another byproduct, aglycone, has a similar inhibitory effect. Olive leaf extract acts against various fungi, as well as salmonella and *Staphylococcus aureus* bacteria.

You can use olive leaf extract on its own, though you should note that this is another exception: Solo capsules will contain just 25–50 mg of olive leaf extract, and that is just fine. You should look for similar amounts in each 500 mg capsule of a combination.

- R-lipoic and R-dihydrolipoic are two of the most potent and versatile antioxidants in the body. They exist in our every cell and tissue. They strengthen immunity, improve energy in cells, protect brain cells against neurotoxicity, and remove excess heavy metals, like mercury. A number of studies have shown that they can lower blood sugar levels in people with diabetes, and prevent diabetic complications (especially cardiovascular and neurological problems).
- Thiocetic or lipoic acid chelates mycotoxins collecting in the liver and normalizes liver enzymes. It has also been shown to remove mercury, arsenobenzols, carbon tetrachloride, and aniline dyes. Experiments demonstrate a vast increase in oxygen supply and use with lipoic acid treatment.

This liquid can be another tough one to find. Your best bet may be as a combination with caprylic or undecylenic acid, and again, if you are

getting one or both of those two, this one is not crucial.

- Rare metals including osmium, ruthenium, palladium, and platinum, as well as the gold, gallium, rhodium, and iridium discussed above, have extraordinary electrical conduction properties. These are electrostimulators, but with a different specialty than gallium: increasing the ability of DNA to conduct electricity and enhancing communication among cells.

They also stimulate metabolism. Research at the Bristol-Myers Squibb labs indicates that using precious metals in the presence of cancer can correct altered DNA. Scientists coupled these elements with the cells via a transfer of light—encoded bursts of ultraviolet laser light. Electrons that flow through a superconductor pair off and convert into light. Superconductors assist light transfer, and gallium, gold, rhodium, iridium, osmium, ruthenium, palladium, and platinum increase the light found in the human body.

Choose a colloidal preparation and take 3–5 drops three times a day, or follow package directions.



Edna's Story

All I wanted to do was sleep. I would sit in my office and find I could not stay awake. I'd go home at night and fall asleep on the floor until it was time to go to bed. I was not functioning well or doing the work I needed to do. I couldn't even attempt to exercise. I was stressed and pale, enough so that people would ask me if I was okay.

I was ready to try anything, so when live blood analysis was suggested to me I thought that, eccentric as it sounded, I'd just go and see what it was about. Knowing what I know now about what I was (and wasn't) eating, I shouldn't have been surprised that the analysis showed acute yeast/fungus imbalance, adrenal stress, and irregularly shaped red blood cells.

I went on a cleanse with supplements and juiced green vegetables. After three days, I added all sorts of vegetables, and turkey and fish. I ate stir-fry for dinner, nibbled on carrot and celery sticks for lunch, and had vegetable juice for breakfast.

I started taking vitamin B5, beta-carotene, a multi-mineral, pH drops, undecylenic and caprylic acid, bromelain, citron, chromium, vanadium, omega-3, borage and fish liver oils, colloidal silver, and a few herbal combinations with at least another twenty ingredients. I couldn't believe how many pills I had to take! By the time I took my supplements and a little juice, I would be full.

I stayed on this regimen for two months with no cheating. Gradually, I felt better and better. After the first week, the color returned to my face and I had more energy. I slept better at night. The most important thing to me was that I could go home and prepare dinner for my family of nine. Along with feeling better and having more energy, there was another benefit: I lost sixty pounds. My husband says that even my eyes are brighter.

I went shopping and bought a dress with a straight skirt. I haven't

worn a straight skirt in twenty years. My closet was crammed with clothes from size eight to eighteen, and I just cleaned out everything above my current size: nine!

At my follow-up blood test, I was pleased to actually see my improvement on the monitor screen. This time I had perfectly round red blood cells, and the fluid was free of most bacteria and had very little yeast.

I really do enjoy what I eat now. Before I would never eat raw nuts or avocado. They tasted awful to me. Now my taste buds have changed, and even vegetables taste sweet! Tomatoes are a real treat for me.

This program brought back my sense of well-being and allowed me to lose weight I haven't been able to lose any other way. It literally saved my health.



ADDRESSING SYMPTOMS WITH SUPPLEMENTS Beyond the alkalizing basics, the correct supplements can also be powerful tools in clearing up specific symptoms. You can add the supplements below to the routine you've already established for yourself, thereby tailoring it to your specific situation. Use them until you leave the acidic symptoms behind, taking them occasionally as necessary for prevention thereafter. If you need the same supplement for more than one condition, don't multiply the dose—but do use the highest dose given.

ADRENAL STRESS

Symptoms include insomnia, fatigue, low blood pressure, poor circulation, feeling cold all the time, getting light-headed when standing, arthritis in joints and back, drowsiness or sleepiness in the afternoon, and chronic pain.

You have four options, which you can take together:

- With each meal, take 2 capsules of an adrenal formula including glandular adrenal and calcium D-pantothenate (vitamin B5).
- Take 3–5 drops under the tongue, three times a day, of an antimycotoxin formula containing glutathione, N-acetyl cysteine, L-tyrosine, and organic sulfur. Caprylic and undecylenic acid, pine bark extract, and grape seed extract would be good additions.
- Take 3–5 drops under the tongue, three times a day, of a formula containing chromium and vanadium.
- Take 3–5 drops of a liquid B complex, three times a day, under the tongue.

BONE LOSS

Bone loss leading to osteoporosis and/or fractures can be prevented with the right nutrients.

Vitamin D regulates calcium metabolism and helps prevent and heal the progressive bone loss that can lead to vertebral and hip fractures. The body uses vitamin D to grow and continually remodel

bone. Many studies, including a recent meta-analysis published in the Archives of Internal Medicine, demonstrate a decreased risk of bone fracture in older adults taking vitamin D supplements at sufficient levels. (Vitamin D also has anticancerous properties.) You can get vitamin D in green fruit and veggies, and cod liver oil, but most of the vitamin D you get (aside from supplements) is produced by your own body when it is exposed to sunlight. Most of us, women especially, would benefit from supplementation as well—the majority of people are vitamin-D-deficient.

There are many forms of vitamin D; the two major forms are D2 (ergocalciferol) and D3 (cholecalciferol). They are known collectively as calciferol. Vitamin D3 is more potent than D2, so that is what I recommend you look for in a supplement. Take 50,000 IUs of vitamin D3 daily if you already have lost bone density.

I would also recommend 500 mg of magnesium chloride and 2,000 mg of potassium chloride daily.

CONGESTION OR OTHER SINUS SYMPTOMS:

Experiment to see which methods work best for you:

- Dissolve 2 capsules of an anti-yeast formula in a bottle of saline solution (available at pharmacies). Spray into your nostrils at least three times a day, following package instructions.
- Use 3–5 drops of colloidal silver or liquid pine bark extract three times a day, under the tongue. Or use 1 or 2 drops in each nostril once or twice a day. If you can't get liquid pine bark extract, use the powder mixed with pure water.
- Dissolve ½ teaspoon of mineral salts or sodium bicarbonate in 4–6 ounces of purified water in a neti pot or squeeze bottle to rinse and clear the sinuses.
- Add 3–5 drops of NaClO₂ (sodium chlorite) to 8 ounces of pure or alkaline water and drink three times a day.
- Use seed oils, such as flax seed oil and borage oil, in capsules as you would any supplement. Or take 1 teaspoonful three times a day. Or use more in your diet!

Sinus symptoms should steadily disappear on their own as toxins are cleared from the body and good digestion is restored.

DIABETES AND OTHER PANCREAS PROBLEMS

These issues may include hypoglycemia and hyperglycemia.

- Look for a pancreas formula including glandular pancreas, uva ursi, dandelion root, parsley, gentian root, huckleberry leaves, raspberry leaves, buchu leaves, saw palmetto berries, kelp, and bladder wrack. Take 2 capsules with each meal.

- Take 3–5 drops of liquid or colloidal chromium and liquid vanadium before each meal, under the tongue.

- Chromium, a mineral, is a co-factor that facilitates the binding of insulin to glucose and thus reduces blood sugar levels and acidity. When chromium levels are low, HDL levels fall and insulin resistance develops. (Triglycerides and total cholesterol both rise as well.) Chromium supplementation has been shown to improve insulin receptor function.

Studies indicate that acidic glycation by-products (hemoglobin A1c) were reduced and glucose returned to normal in most people who took chromium. (Their total cholesterol fell, too.) Take 1 teaspoon of liquid colloidal chromium three times a day.

- Vanadium helps to uptake the chromium to help in making effective glucose and insulin interactions. Take 1 teaspoon of liquid colloidal vanadium three times a day with liquid chromium.

- CoQ10 has been shown to lower blood glucose by 30 percent in diabetics. It also cuts ketone bodies (potentially poisonous acids produced by the body when metabolizing fats for energy) as much as 30 to 59 percent. Take 1 teaspoon of liquid colloidal CoQ10 three times a day.

- Cinnamon extract (or methylhydroxychalcone polymer, if you prefer) chelates and buffers the acids that cause Types 1 and 2 diabetes.

A study published in the American Journal of Clinical Nutrition demonstrated that taking cinnamon extract enhanced sugar uptake

and reduced the need for insulin in people with diabetes. Take 1 teaspoon of liquid cinnamon extract three times a day.

EYE OR EAR PROBLEMS

These may include cataracts, glaucoma, redness, blurred vision, poor eyesight, ringing in the ears, earaches, soreness or swelling of the ears, eardrum damage, hardness of hearing, and (in rare cases) loss of hearing. Use 1 drop of colloidal silver topically (directly in the eye or ear) three times a day.

GASTROINTESTINAL DISCOMFORT

To relieve intestinal gas (flatulence), enteritis, colic, and heartburn, look for a digestion formula including papaya leaves, peppermint leaves, gingerroot, catnip, fennel seed, and saw palmetto berries. Take 2 capsules with every meal. You then have two other choices:

- Take 1–2 capsules of noni fruit concentrate before meals with a small amount of water and 1–2 capsules of an anti-yeast formula containing undecylenic and caprylic acids, and herbs that aid in digestion, half an hour after each meal.
- For digestion of fats, with each meal, 1–2 capsules of noni fruit concentrate and an antimycotoxin formula containing N-acetyl cysteine, L-taurine, and organic sulfur, at least, and perhaps caprylic and undecylenic acids, pine bark extract, and grape seed extract.

INFECTIOUS AND DEGENERATIVE SYMPTOMS

These may include AIDS and cancer. Try colloidal formulas of osmium, ruthenium, and palladium; co-enzyme Q1 (CoQ1, also known by the acronym for its hugely long chemical name, NADH); and the anti-yeast undecylenic and caprylic acids.

JOINT AND MUSCLE PAIN

You have four options:

- Take 3 capsules of a calcium and 4 capsules of marine lipids/borage oil formula with each meal. To make sure it combines properly, take the oil with meals made up of vegetables or vegetable juice.
- Take 3–5 drops of colloidal calcium, colloidal boron, and an antimycotoxin formula (with N-acetyl cysteine, L-taurine, and organic

sulfur, and perhaps caprylic and undecylenic acids, pine bark extract, and grape seed extract), three times a day, under the tongue.

- Take a joint and muscle formula including colloidal glutathione (3–5 drops, three times a day, under the tongue), calcium and magnesium (2–3 capsules three times a day, with meals), and zinc (2–3 capsules three times a day, with meals). For acute or chronic conditions, use 4–6 capsules three times a day.
- Take a formula containing the herb yucca, which reduces inflammation, soreness, and swelling.

LIVER STRESS

The liver, which filters toxins from your body, should itself be detoxified at least three or four times a year. Look for a liver formula combining glandular liver, dandelion root, red clover, chapparal, yellow dock root, cascara sagrada bark, licorice root, sarsaparilla root, celery seed, burdock root, echinacea, Oregon grape root, stillingia, prickly ash bark, buckthorn bark, cayenne, kelp, and wild yam root. Take 2 capsules at least half an hour before each meal (three meals a day), with an 8-ounce glass of pure water, for a total of 180 capsules in thirty days. This approach can also help in cases of hepatitis, cirrhosis, and jaundice.

GLANDULARS

Glandulars, such as glandular liver, here, glandular lung, below, and others in this section, are in fact animal products, usually from cows. They are used in the formulas specifically to act as messengers of sorts: They carry nutrients to specific areas. That is, they bring nutrients to the part of the body the gland came from. For example, when researchers tag the formula above with radioactive isotopes and then follow it through the body, they can observe it going directly to the liver. You can get similar products minus the glandulars if you want to be scrupulous about avoiding animal products, though they won't be as targeted.

LUNG PROBLEMS

These may include pneumonia, asthma, bronchitis, croup, tuberculosis, colds, flu, hay fever, and emphysema. Look for a lung

formula including glandular lung, pleurisy root, wild cherry bark, slippery elm bark, plantain, mullein leaves, chickweed, horehound, licorice root, kelp, cayenne, and saw palmetto. Take 2 capsules with each meal. You can also use 5–10 drops of colloidal silver or pine bark extract in a respirator. You can buy a respirator at your local drugstore. Add water and colloidal drops and it creates a mist in the air for you to breathe in, which is great for lung or nasal congestion.



Shirley's Story

I finally went to the hospital just after Thanksgiving. I just couldn't seem to get rid of what I thought was a terrible cold, and had been coughing almost continuously day and night for about a week. So the doctors admitted me for tests. At first they thought it was pneumonia.

Then the lung specialist thought it was another kind of infection in my lung. The medication he prescribed seemed to help, and I went home after a few days.

Just before Christmas, my doctor called to ask me to return for more tests after the holidays. Back in the hospital, the doctors found two "spots" on my liver, and a very low sodium count, and they told me they suspected I had cancer! The next day, they found a mass on my lung. Then a CT scan found a tumor on the right side of my brain and another behind my left eye. They finally traced the origin of the cancer to my bronchial tube.

The doctors told my daughters—but not me—that I had small cell cancer, a very aggressive form. If I took chemotherapy, I'd have two to three years to live. Without it, I'd be looking at six months. The doctors asked my daughters not to give me the particulars about how long I had because they didn't want me to lose hope.

I had my first chemotherapy treatment, which took three days. I then started radiation treatments for the tumors in my head—fifteen treatments over three weeks.

In the middle of all this, my daughter came to stay, loaded down with bottles of pills and books and tapes about Dr. Young's principles. She totally changed my diet and started me on a bunch of supplements. She kept about ten little brown bottles of what she called colloids on my dressing table and gave them to me before and with meals, as Dr. Young recommended, until I learned how to take

them myself. I began to notice a different sensation in my head as well as in my chest.

After about two weeks of my daughter's pH Miracle treatment, I had my first appointment with my doctor since leaving the hospital. He told me my blood work came back normal. Seeming a little confused, he asked if I had had radiation to my chest. I hadn't. He told me that the mass in my bronchial tube was gone—and that if the cancer was not in the place of origin, it was probably nowhere else to be found in my body!

For the second time talking with my doctors (after my diagnosis), I couldn't believe what I had just heard. It took a few hours for it to really sink in. What a weight had been lifted off my shoulders—and my family's! How we celebrated!

Still, I took two more chemotherapy sessions (I guess my doctors couldn't quite believe it, either). My blood work continued to come back close to normal, which is highly unusual. At my next doctor's appointment, a month after the last checkup, I got astounding results from my CT scan: The tumors in my head were definitely gone! My doctor discontinued my chemotherapy and told me to check in with him in another two months. His last words are still ringing in my ears: "Whatever you're doing, keep on doing it!"



LYMPHATIC BLOCKAGE

You have two options:

- Take 1 capsule in the morning and another in the evening of a lymphatic formula including fish liver oil, beta-carotene, dandelion root, eyebright, marshmallow root, licorice root, and parsley.
- Although this is not a supplement, it is a very helpful approach to lymphatic blockage, so I wanted to include it here: a series of at least twenty-four lymphatic massages—massages that move the lymphatic fluids and help to move toxins out of the lymph nodes by stroking with the hands in the direction of the lymphatic vessels—no downward movements. Lymphatic massages proceed from the feet to the legs to the torso toward the heart, from the lower back to the upper back over the shoulders toward the heart, and from the fingers to the arms to the shoulders to the heart. Consult a massage therapist experienced in this area. Regular massage therapy can also be very beneficial. Even easier, perhaps, is daily dry brushing of the skin. Simply get a skin brush at a natural food store or body shop and brush away, wet or dry—but always toward the heart.



Taisha's Story

I'd been under extreme stress for a long time, and it started to take a physical toll, including high blood pressure and erratic heartbeats and fibrillations. I've also struggled for years with a very painful left breast and lymph node in my left armpit, and very low energy that rendered me dysfunctional to a large extent.

The pain became progressively worse, and I discovered a lump in my left breast. Wisely or unwisely, I chose not to have a mammogram, opting to honor my intuition and beliefs instead. I wasn't prepared to have a biopsy, needle biopsy, drugs, surgery, chemotherapy, or anything that might further endanger my life, so the mammogram wouldn't have served a useful purpose anyway. I realized I was taking a risk, of course, but I wanted to give my body the best chance of being healed in a natural and holistic way.

I started taking colloidal silver after a friend told me he had learned from Dr. Young about its being a broad-spectrum natural antibiotic that fights yeast, fungus, parasites, and viruses. I also learned about the herbal tea Essiac—according to the article I read, President Kennedy's personal physician had cured himself of cancer by only taking Essiac. I took the colloidal form rather than having to use the tea.

Then from Dr. Young I learned about iodine (for my hypothyroidism), the anti-yeast/fungus combination of caprylic and undecylenic acids, and pine bark extract.

To my amazement and delight, four days after starting to take the Essiac and caprylic acid, my lump had totally disappeared! My energy level is definitely improving. I'm still struggling with some health problems, but I realize this is a process, and as I embark on

an alkaline diet like the pH Miracle, and get more rest, I know my health will get better and better.



PARASITES

Take an antiparasite formula containing black walnut hulls. Take 4 capsules three times a day for ten days, then break for four days. Repeat this cycle at least six times. Although you can get black walnut hulls alone, I prefer one of the combinations that include it.

REPRODUCTIVE ORGAN DISORDERS

You have two options:

- Take 3–5 drops colloidal rhodium and iridium three times a day, under the tongue.
- For women: Look for a female tonic including glandular ovary, glandular uterus, black cohosh, licorice root, raspberry leaves, passionflower, chamomile, fenugreek, black haw bark, saw palmetto berries, squaw vine, wild yam root, and kelp. Take 2–3 capsules with each meal, and 3–5 drops colloidal calcium and colloidal boron three times a day under the tongue. Take a soy sprouts formula (made by dehydrating say, twenty ounces of soy sprouts into one ounce of the supplement via low-heat dehydration), 3–5 drops three times a day with meals. You can also use progesterone cream as directed on the package.
- For men: Take 1–3 capsules of a men's formula including glandular prostate, parsley, saw palmetto berries, corn silk, buchu leaves, cayenne, kelp, and pumpkin seeds with each meal, and 3–5 drops each of colloidal zinc, colloidal vitamin B6, and a liquid amino acids formula (look for, among others, lysine, methionine, arginine, leucine, tyrosine, tryptophan, and phenylalanine), three times a day, under the tongue.

THYROID PROBLEMS

Look for a thyroid formula including kelp (to deliver iodine), gentian root, saw palmetto berries, cayenne, and Irish moss. Take 1–2 capsules with each meal.

TOXIC STRESS (OXIDATION AND MYCOTOXINS) Try colloidal or liquid vitamin C, echinacea, glutathione, calcium, boron, silver, lithium, selenium, pregnenolone, pine bark extract, fish liver oil, betacarotene, dandelion root, eyebright, marshmallow root, licorice root, parsley, N-acetyl cysteine, L-aurine, sulfur, caprylic and undecylenic acids, grape seed extract, and a multi-mineral. A soy sprouts formula is another natural source to buffer acidic hormones in men and women.

WEIGHT CONTROL AND FAT METABOLISM

You have several options—you can mix and match:

- Take 1–2 capsules of a multivitamin and 1–2 capsules of a mineral formula daily. Getting your nutrients in a capsule that is predigested saves energy, and there will be little or no acid produced in getting the nutrients.
- Take 2–3 capsules of pine bark extract one hour before each meal and 3–5 drops of colloidal chromium and vanadium three times a day, under the tongue (use capsules if you can't find it in colloidal form).
- Take 1–2 capsules, three times a day, with meals, of a pituitary/thyroid formula containing kelp, gentian root, saw palmetto berries, cayenne, and Irish moss.
- Take a liquid amino acids formula (look for, among others, lysine, methionine, arginine, leucine, tyrosine, tryptophan, and phenylalanine), 3–5 drops under the tongue, three times a day.
- For women: Colloidal calcium and colloidal boron, 3–5 drops each, three times a day, under the tongue, and 1–2 capsules of a women's formula including glandular ovary, glandular uterus, black cohosh root, licorice root, raspberry leaves, passionflower, chamomile, fenugreek, black haw bark, saw palmetto berries, squaw vine, wild yam root, and kelp. For men: Colloidal zinc and colloidal vitamin B6, 3–5 drops each, three times a day, under the tongue.
- A formula containing the fat lecithin.
- Citron or garcinia cambogia, an alkaline bitter fruit, helps in reducing acidity and thus the need for the body to retain fat.
- Here's another one that isn't a supplement: Follow the diet portion

of this program strictly! Your weight will naturally control itself once you are eating alkaline. You will also find drinking 8 ounces of dark green vegetable juice six to eight times a day, as in the first part of the cleanse, helpful.

Supplements are powerful allies in this program. They will maximize the results you get from the pH Miracle Whole Body Cleanse and an alkaline diet. But there is no such thing as a magic bullet—no one thing is going to solve all your problems for you, or keep you healthy forever.

And as powerful as they are, they are no match for that great scourge—the typical American diet. If you don't change the way you feed your body, any nutritional supplements you take will be overworked. The combination—lifestyle, diet, and supplements—is the key.

Chapter 24 Let's Get Physical

You can burn calories with any number of forms of exercise, but I'm here to tell you you're not exercising in a way that's going to really help you lose weight unless you are sweating. Sweating is one of the major ways your body eliminates acids. Moving your body to the point where you break a sweat promotes the pumping of the lymphatic system, which serves to remove toxins and acidic wastes from the tissues and fluids of the body and release them through the skin. Sweating opens up your pores to allow acids in both liquid and gas form to pass through. You've got 3,500 pores per square inch of your skin. That's a lot of ways for acids to get out – if you give them room. Toxins in gas form also leave the body through the lungs, aided by increased rate of respiration with exercise.

If you don't do it properly, exercise can actually make your body more acidic. That's right: exercise could be making you fat. Unless you know how to do it the right way. That's where this chapter comes in. You'll learn how to exercise to remove excess acids through sweating and respiration, build healthy muscles, and ensure you're

burning the right kind of fuel to power all this efficiently and effectively. It doesn't have to be any more complicated than walking, but you still need to understand the benefits of exercise – and how to achieve them – to make whatever exercise you choose work for you. The second half of this chapter provides the details of a specific program – The pH Miracle Workout – ideal for alkalizing your body, keeping fit – and losing weight.

I'm sure I don't have to tell you exercise is good for you. Getting and keeping your body in motion is famously good for your heart, and, of course, your muscles. It's good for your bones and your joints. Exercise helps prevent diabetes. It reduces stress and improves mood. In fact, it is crucial for good health, and critical to reaching and maintaining a healthy weight. Exercise does burn calories, of course (even if that's not the main point: sweating is!). And it not only increases your metabolism while you are active, but also, by building muscle, speeds up even your resting metabolism. The key fact about exercise, however, often overlooked, is that it helps keep your body alkaline. But you have to do it right, or it will have the opposite effect. Burn, Baby, Burn



TK's story

I've been using green drink for a year now, and am happy to report significant improvements in my health, my attitude toward my body, and my overall outlook on my life! My weight has always been just below average for my 5'9" frame, and with the greens and alkaline eating I lost body fat and gained muscle mass. My body fat dropped from 16% to 6%, but my weight didn't change. More importantly, I've begun to stop comparing my body to everyone else's. I am comparing the "old" me with the "new" me instead! And I able to workout much more easily, and better. I've depended on a rescue inhaler for asthma since I was seven years old, and as an adult I have to interrupt a workout two or three times to use it. Now I don't need it at all! I'm also sleeping better. Finally, I've found a new dimension to my job as a mother, as a role model for healthy eating and hydrating.



One of the good things (even if it is not the main thing) about exercise is that it burns calories. The more you move, the more fuel your body burns. That fuel can come from your food – and it can come from the unwanted fat stored in your body. The more active you are, the more fuel you need. Providing your body with the correct amount of fuel (calories or, even better said, electrons) is one way to stay slim. Too many calories – and especially acidic calories (protons) – and your body will store rather than burn the excess fuel. The more fuel you burn (the more active you are) in relation to food you take in, the more stored fat will be burned off as fuel.

Muscles are the engines that burn the fuel. Exercise increases your muscle mass, and the more muscle mass you have, the higher your fuel requirement. The more muscle you have, the more fuel you'll need and the more fuel you'll burn – whether you are in motion or at rest.

Burning the right fuel, as well as the right amount of fuel, is important to weight loss. Using fat, rather than sugar, as your main source of fuel – especially during exercise – will minimize acidity, thereby increasing energy, strength and endurance. Burning fat produces six times the energy with half the acid compared to burning sugar or protein.

As your body burns its fuel – food – to release electron energy, carbon dioxide, which is actually a toxin (an acid), is created – and then expelled through the lungs. At least, that's what happens as long as you're getting plenty of oxygen. Without enough oxygen the mode of energy production shifts from respiration to fermentation, creating a much more toxic waste product, especially lactic acid. Lactic acid can't just be breathed out; it is expelled into the surrounding tissues. When that happens, you experience pain, irritation and/or inflammation.

It's this exact process that so many people seek when they exercise, believing in the "no pain, no gain" mantra so common in the fitness and body-building worlds. It's unfortunate so many people aim to get to the threshold of physical pain in order to build strength, size and/or endurance. For one thing, this is a totally unnecessary experience of pain. Even more importantly, it's guaranteed to have exactly the opposite of the desired effect. Exercising in such a way as to make your body even more acidic will never make you lean, strong and healthy.

So it is important never to exercise to the point of exhaustion (that is, you feel exhausted, and you have soreness or pain in your muscles). Exhaustion from exercise can be systemic, or localized in a particular muscle or muscle group. When you feel that burning sensation in your muscles, you are over-exercising. Your muscles are exhausted, your body isn't getting enough oxygen, and you'll be getting more, rather than less, acidic as a result of your efforts. Signs that your exhaustion is getting more serious include tightness in the throat, reduced peripheral vision, lightheadedness or dizziness, and, at the extreme, feeling faint, weak or ready to pass out. Certain techniques or types of exercise – including long-distance running or swimming, excessive weight lifting, and spinning -- can be very exhausting if not done right. Doing it right means never doing it to the point of exhaustion. Furthermore, if you exercise to the point of pain, that's a key sign you are burning sugar rather than fat – and acidifying your body as you go.

Signs you are exhausted, over-exercising, and/or burning sugar as you exercise:

Lightheadedness

Dizziness

Cloudy thinking

Cold hands or feet

Tingling in the extremities

Narrowing of peripheral vision

Hearing yourself breathing

Inhaling/exhaling through your mouth instead of the nose feeling

disconnected with your environment
Burning sensations in your body
Cannot carry on a conversation while exercising Your brow is
furrowed and tight
Your fists are clenched tightly
Your muscles are tight
You have a knot in your throat
You become agitated or anxious
Your sweat smells like ammonia
Systemic or localized pain

Signs you are exercising correctly: moderately and aerobically, and
burning fat while you exercise:

feeling peaceful
feeling grounded
feeling connected to your external environment
feeling no pain
feeling a sense of euphoria
clear thinking
able to carry on a conversation
facial expressions relaxed and happy
wide peripheral vision
all senses are enhanced
inhaling and exhaling through your nose, not your mouth
breathing quietly and easily
feeling more flexible
feeling "in the zone"

The key to healthful exercise to provide an alkaline internal
environment is to keep it aerobic, pain-free and fat-burning. You can
choose from a variety of light aerobic exercises, like walking, easy
jogging, swimming, biking, or, my personal favorite as you'll see
below, rebounding. Should you ever reach the point of pain, where
you know you are burning sugar, you should stop immediately and
drink a green drink or good alkaline water to restore alkalinity.

On The Rebound

There's only one way I know of to guarantee that all 75 trillion cells in
your body get the ideal workout all at once, and that's rebounding.

Working out on a small, low trampoline applies weight and movement to every cell in the entire body, the most efficient way to become stronger, more flexible, healthier – and slimmer! Cells expand and contract with the vertical (up-and-down) movement of bouncing on a rebounder. The acceleration and deceleration that comes from bouncing creates pressure changes within the body, and an increased amount of weight against the cell membranes, stimulating and strengthening them.

All the movement provides a kind of cellular massage, which increases circulation, opens blood vessels and breaks up blockages, improves drainage of the lymph, and strengthens the cell membrane. Your whole body, not just your muscles, gets toned, cleansed and strengthened – on a cellular level, from the inside out. That's why both Shelley and I do it every day.

Rebounding is the most convenient, metabolically effective, acid-removing form of exercise I know. It strengthens the entire body, increases circulation, improves digestion and elimination, protects the heart, supports the endocrine system and adrenal glands, improves thyroid function, eases menstrual problems, strengthens muscles, improves bone density, releases stress, pumps the lymphatic system, promotes cell growth and repair, improves the immune system, fights disease processes, and reverses the symptoms of aging. What more could you ask for in a form of exercise?

How about: rebounding reduces body fat levels; firms legs, thighs, abdomens, arms and hips; increases agility; improves balance; builds endurance; and increases energy levels. It also improves your performance in an array of other athletic endeavors. And all this it does without the stress of impact that attends so many other forms of exercise. Rebounding stimulates the metabolism, burns calories effectively, and more importantly removes acids through the skin and elimination organs. Rebounding fights obesity!

Rebounding is the best way I know to simultaneously reduce acidic body fat and firm body tissues with aerobic exercise.

Total Calories Spent Per Minute of Jogging on the Health Rebounder

Body 90 100 110 120 130 140 150 160 170 180 190 Weight
(pounds)

1 2.9 3.4 3.9 4.4 4.9 5.4 6.0 6.5 7.0 7.5 8.0 min.
5 14.5 17.0 19.5 22.0 24.5 27.0 30.0 32.5 35.0 37.5 40.0 min.
10 29.0 34.0 39.0 44.0 49.0 54.0 60.0 65.0 70.0 75.0 80.0 min.
15 43.5 51.0 58.5 66.0 73.5 81.0 90.0 97.5 105.0 112.5 120.0 min.
20 58.0 68.0 78.0 88.0 98.0 108.0 120.0 130.0 140.0 150.0 160.0 min.

This chart comes from the research performed by Victor L. Katch, Ph.D., Dept. of Physical Education, University of Michigan at Ann Arbor.

On the rebounder, you bounce up and down against gravity. Because you're not landing on solid ground, there's no trauma to the joints. Working against the constant gravitational pressure, alternating weightlessness at the top of the bounce and double-gravity at the bottom, rebounding produces a pumping action, which pulls acidic waste products out of the cells and forces oxygen and other nutrients from the bloodstream into them. This provides a number of benefits; I'll detail a few of the key ones here:

Rebounding is good for your heart. You can, of course, attain your target heart rate while rebounding. The aerobic effect of rebounding often surpasses that of running. Beyond that, rebounding strengthens your heart in two ways. It improves the tone and quality of the muscle itself, and increases the coordination of the muscle fibers as they drain blood out of the heart during each beat. Rebounding can also lower cholesterol and triglyceride levels by removing excess acid, and lower blood pressure. And, it allows the heart to beat less often when at rest, meaning your heart is running easily and efficiently. Regular rebounding, at least 15 minutes a day at least 5 days a week, protects you against heart disease. Rebounding is detoxifying. The movement of rebounding stimulates the lymphatic system, helping it drain away the body's metabolic wastes, ridding you of acidic toxins and other junk cast off by cells. The lymphatic system does not have its own pump, the way the circulation system has the heart. There are just three ways to move the fluid around through the lymph vessels: gravitational pressure, lymphatic massage – and the muscular contraction from exercise and movement. Rebounding effectively provides all three.

Rebounding stabilizes the nervous system. Exercise is a great way to relieve stress. Rebounding has the additional benefit of the repetitive bouncing motion, which can put you into an almost trance-like state of total relaxation. It can be meditative, or hypnotic. You get the benefits not only while you're bouncing, but also continuing into your whole life outside of working out. You'll be more resistant to environmental, physical, emotional and mental stress. My clients who rebound tell me they can think better, work longer, and learn more easily. They also say they relax more easily, sleep better, and feel less tense and nervous. They report that the exercise invigorates them and fills them with a sense of well-being.

Rebounding builds muscle. Rebounding allows the muscles to go through their full range of motion with equal force, the best way to produce true physical strength, according to James White, Ph.D., director of Research in Rehabilitation in the Physical Education Department at the University of California at San Diego. Rebounding improves the coordination of nerve impulse transmission to muscle fibers, meaning the muscles can work more effectively and efficiently. And it increases muscle fiber tone, which creates muscular strength. As Dr. White points out, rebounding also helps you learn to shift your weight properly, be aware of the position of your body, and improve your balance, which is not only good for you all around but also lets you use the strength you have.

All these benefits are there for anyone who rebounds for at least 15 minutes at least 6 times a week. Just about anyone can rebound. It's good for all ages – a form of exercise you can enjoy for a lifetime. Rebounding can be adjusted to meet your current fitness level, and move you up from there. You easily control the intensity of the workout, depending on how vigorously you bounce and how high you lift your feet off the mat. Rebounding is safe, convenient, and inexpensive. It provides the ideal aerobic effect, without exhausting you or depriving your cells of sufficient oxygen. Quite simply, it is one of the most effective forms of motion known. Plus, it is FUN to bounce!

REBOUNDING VS. OTHER EXERCISE

Most other forms of exercise apply weight to specific muscles or groups of muscles, but rebounding targets every single cell in your body at once, applying pressure nearly 100 times a minute. Other forms of exercise, including weight-lifting and many calisthenics like push-ups, pull-ups and sit-ups, use a repetitive up-and-down motion the way rebounding does, but those conventional exercises still isolate specific muscles or muscle groups. That makes it very time consuming to work out the whole body, for one thing, as well as stressing the body much more than rebounding requires in an attempt to reach the same goal. It also increases the opportunity for injury. You could get many of the benefits of rebounding by jumping rope, but you'd be courting joint and back pain from all that slamming down on the ground with the full force of your body – aided by gravity. And jumping rope won't pump the lymphatic system the way rebounding does. In general, rebounding is more effective for both fitness and weight loss than cycling, running or jogging, according to Dr. White, with the added advantage of producing dramatically fewer injuries (over both the short and long term). NASA research determined that rebounding is 68% more effective an aerobic exercise than jogging.

Another thing that sets rebounding apart from the most common forms of exercise like jogging, walking, biking, and weightlifting is that it provides isotonic, isometric, calisthenic and aerobic exercise all in one go. It lets you tone specific muscles by moving them with a constant load applied, as in weight lifting (isotonic exercise). You can isolate specific muscles or muscles groups to focus on by creating muscular contractions without movement of the body part involved (isometric exercise). And you can activate the body's largest, most powerful muscles with small, gentle, precise motions consistently applied to quickly tighten and tone those areas (calisthenic exercise). [did I get all this right? yes]

And you do all this aerobically. As you'll see in the descriptions and illustrations of different rebounding techniques that follow, you can target every part of the body with rebounding, including the thighs,

knees, hips, buttocks, waist, stomach, and arms. Bouncing, jumping, jogging, kicking and twisting in place on the rebounder is a full-body weight bearing activity that strengthens muscles, connective tissue, ligaments and bones. Changing the angle of the body changes the stress on the muscles

– leaning back as you kick your legs places more stress on the stomach muscles; leaning forward as you lift your legs behind you puts more stress on your gluts -- making different cells work against gravity, which tightens, lifts and tones the muscles and even the organs and skin. Plus, 15 minutes a day is enough to challenge every cell in your cardiovascular pulmonary system to be all that it can be.

TOTAL CALORIES BURNED: REBOUNding VS. JOGGING Body Weight (pounds) Jogging 1 mile Rebounding

(12 minutes at 5 mph) 12 minutes

100 47 58

105 49 60

110 52 63

115 54 65

120 56 67

125 59 70

130 61 72

135 64 75

140 66 77

145 68 79

150 71 82

155 73 84

160 75 86

165 78 89

170 80 91

175 82 93

180 85 96

185 87 98

190 89 100

195 92 103
200 94 105

This chart comes from the research performed by Victor L. Katch, Ph.D., Dept. of Physical Education, University of Michigan at Ann Arbor.

THE RIGHT REBOUNDER

A rebounder is just a small, low-slung trampoline with a strong woven mat attached by coiled steel springs to a steel frame with six legs seven to nine inches long. (Spring-loaded legs allow for easy folding and storage of the rebounder.) Most are round, though you can also find rectangular, square or polygonal rebounders. The jumping surface is typically 28 inches in diameter. On most models you can add an optional stabilizing bar for anyone who needs or wants something to hold on to to steady themselves, for a greater sense of security as they bounce. These bars attach to two of the frame's legs, and reach roughly waist high.

You can get a rebounder fairly cheaply, but the lowest cost models are nothing more than toys. Bouncing on poorly constructed models, usually imported from Asia, can be harmful to one's muscles, nerves, joints and tendons. There's no yield to them, and the abrupt jarring effect is not much different than landing on the floor. As with so many things in life, you get what you pay for. If you can possibly afford it, go for a more top of the line model from a sporting goods store, department store, catalog or health food store. Buying direct from the manufacturer if possible will probably get you the best price. (See Resources section). In any case, a good rebounder will still cost less than you'd shell out for a year's membership at most gyms. And it should last for many years.

A key feature to look for is how the net/mat is constructed. The material shouldn't stretch at all during the downward landing – the springs should be doing all the work there – and provide a resilient rebound. Such a mat will be made from Permatron ® material, which has a smooth finish. Permatron ® is resistant to ultraviolet rays and doesn't absorb moisture, and so won't break down like other fabrics. The mat should be sewn together with 6,000 stitches of high grade

nylon thread, with two layers of strong polypropylene webbing stitched around the edge.

The frame should be heavy-grade steel attached to the mat by 36 4-inch long springs made of quality wire to deliver a soft bounce. The springs should be shielded by a protective cover. Individual spring mounting pens prevent frame wear. Tapered coils generally last longer; tube coils that aren't tapered in low-quality springs require frequent replacement.

That's another point to consider: replacement springs should be available directly from the manufacturer; retail distributors rarely stock them. The legs of the rebounder should fold easily so you can store it under a bed or behind a door. You can buy a travel rebounder; it's frame should fold in half and come with a carrying bag.

No one manufacturer has cornered the market on quality rebounders. One device that exhibits all the features of excellence I've been describing here are the fitness trampolines by JumpSport.

HOW MUCH IS ENOUGH?

One great thing about the pH Miracle view of exercise is that you must also ask: how much is too much? One reason this program works for everyone is that anyone can do it. That includes the exercise component. Any person at any skill level can start this program and benefit immediately. And because it takes just 15 minutes a day, any schedule can accommodate it. Even yours! And you don't want to over-exercise, at the risk of acidifying rather than alkalinizing your body.

This program gives you 15 minutes a day, six days a week, on your rebounder, a full program for complete fitness. You could do this up to seven days a week, two to three times a day if you so desire, though beyond that you'd be over-exercising. If you don't exercise every day, acids will build up in your tissues – and you will get fat! To get an equivalent workout without rebounding, I suggest a 30-45 minute walk or jog over hilly terrain. Whatever exercise you do, make

sure it is helpfully and healthfully aerobic. You must get to the point where you break a sweat within 10 to 15 minutes. With rebounding, you should be sweating by mid-way through the aerobic section of the workout, around the 5 to 10 minute mark. You've got to sweat to receive the maximum benefits of exercising.

All of these time frames rely on you to be taking in an appropriate amount of food (calories/electrons) each day. If you're eating more than you should, you'll need to exercise longer if you want to have any hope of them not collecting in your body's fat stores. That's why you'll find so much conflicting advice out there about just how much exercise you need. Experts can't seem to agree on whether or not they should account for Americans' well-established habit of eating too much when they make declarations about how much exercise is ideal. If you're following the pH miracle eating plan, however, I know your body is getting the fuel it needs – no more, no less – and so you can streamline your workout accordingly.

BUILDING MUSCLE

Rebounding will strengthen you, as noted above. I do recommend an additional set of exercises to target specific muscles. I'll tell you how to do the actual exercises a little later in this chapter, but for now I just want to explain the general technique and the theory behind it. I'm going to that because unless you really understand the process, you won't believe that it could work. Here's what you do for a full body workout: Do eight exercises. For each of eight exercises, do one (1) repetition. At the point where your muscle is fully flexed, hold for at least 15 (and no more than 30) seconds. Return to the starting position – and go on to the next exercise. Do this three times each week, and that's it. Eight exercises, one time, for a total of roughly 2 minutes, and you're done. Actually, make that 4 minutes, since you should on the rebounder bounce for 15 seconds after you finish each move.

Here's why this radical approach not only works, but works better than any other technique. The whole idea is to stimulate contractions of and blood flow to the specific muscles you want to increase in size

and strength. Flexing the muscle creates a positively charged site, which attracts blood, which is negatively charged. These opposite charges create circulation directly to the muscle being exercised. The creation of this electromagnetic attraction of blood to muscle begins the strengthening and increasing size of the muscle, as the red blood cells are biologically transformed into muscle cells. When weight or stress is applied to a muscle, it applies weight or pressure against the cell membranes, causing increased blood flow. When the blood arrives in the muscle, it not only supplies electron-rich oxygen, but also begins to change back into an embryonic cell and then gradually into a muscle cell, according to the principles of New Biology (explained in more detail in The pH Miracle).

What makes this technique so effective is the fact that the blood pools in the muscle for a longer period of time rather than moving quickly in and out the way it does in the more familiar 3-sets-of-15-reps workout format. So the muscle is built not only better but also more quickly. It is important, however, to “bounce out” on the rebounder any residual acid created in this process, as you’ll see in the directions below.

THE REBOUND WORKOUT

In this section, I’m going to outline basic exercises you can do on your rebounder. At the end of the chapter, I’ll tell you how to put them all together and combine with the weight lifting described above to create The pH Miracle Exercise Plan. The exercises appear here in roughly the order you’ll want to use them in: first the warm up and stretches, then the aerobic components, and finally the exercises targeting specific muscles or muscle groups.

- **Soft bounce.** This is the way you should warm up, and the motion you should use as you transition between other exercises described here. Stand in the center of the rebounder with your feet hip-width apart. Keeping your back straight, your knees just slightly bent, and your arms down by your side or on your hips, bounce up and down gently, without your feet leaving the mat. Your toes and calf muscles power the motion.



- **Tap out.** From a soft bounce with your feet near the outside edges of the mat, shift your weight onto one leg and tap the other foot to the outer edge of the mat. At the same time, raise your arms straight in front of you until they are parallel with the ground. Lower your arms, then raise them again as you shift to the other side
- **Hamstring and buttocks curl.** From a soft bounce, shift your weight to one leg and lift the other behind you, bent at the knee, with your foot aiming toward your buttocks. At the same time, extend both arms behind you, palms facing into your body (a reverse triceps curl). Lower your arms, then repeat on the other side. You'll need to lean slightly forward as you lift your legs behind you. Make sure you feel your buttocks and triceps tightening.



•**Jumping jack.** This is a high bounce exercise, meaning your feet come up off the mat as you bounce. This, too, should be a familiar motion. Start in the center of the rebounder with your feet together and your hands at your sides. Jump up and land with your feet on opposite edges of the rebounder mat while swinging your arms out to the side and up overhead. Jump again and return to the start position. This is great for your calves, quadriceps, hamstrings, buttocks, abdominals, arms and shoulders.





• **Walking/Jogging.** This aerobic exercise increases cardiovascular and lymphatic circulation. It should be fairly self-explanatory. Starting in the center of the rebounder, perform a walking, jogging or sprinting motion, lifting your knees high in front of you. Go at your own speed; don't wait for the rebounder to bounce your leg up.

Start by doing 50 bounces this way, building up to 100, 150, and finally 200. You want to keep it up about 3-5 minutes.

Variation: for an additional benefit, sprint as fast as you can for 25 bounces or 15 seconds, whichever comes first. Follow that with 10 soft bounces. Build up gradually to 100 "sprinting" bounces, pausing for 10 soft bounces after each set of 25. This provides an optimum workout for the cardiovascular system.



Knee High Sprints. Jog briskly, lifting your knees as high as possible. This excellent aerobic exercise works the it will give your buttocks, hamstrings, quadriceps, arms and abdominals an extreme workout. Make sure you return to the soft bounce for at least 15 seconds after this or any isometric or isotonic exercise to remove any lactic acid build up.

- **Hand to knee.** Jog easily, alternating tapping the right knee with the left hand and the left knee with the right hand. This exercise helps coordination and balance while working the entire body.



- **Elbow to knee.**

Bounce and bring the right knee up to meet the left elbow. Then bounce once on both feet before raising the left knee to touch the right elbow. Continue alternating sides with a two-footed bounce in between each side. This is another excellent exercise for balance and coordination.

- **Hand to Heel.**

Bounce and bring your right leg behind you and tap your heel with your left hand. Bounce on both feet, then do the opposite side. Continue alternating. This is one more excellent exercise for balance and coordination.



- **High Bounce.** An all-body exercise. Start standing naturally in the center of the rebounder. Bend your knees and use your calves and toes to bounce up off the mat (clearing 4-10 inches), and land again in the same spot. You can do this exercise with your arms down by your sides, or extended over your head.



- **Triceps Curl.**

With the feet together, and the knees slightly bent, bounce gently on the balls of your feet, leaning forward about 10 degrees, and do a reverse triceps curl. Your feet should come off the mat as you bounce. This simple motion works the calves, quadriceps, hamstrings, buttocks, triceps and abdominals.



- **The Side to Side.** This is a great exercise for thighs, hips and stomach. Stand with your feet slightly wider than hip-width apart and your arms in front of you, not quite completely extended, with your hands about hip-high. Move from side to side in a soft bounce, shifting your weight from foot to foot in a fluid, rhythmic motion. Beginners should keep their feet on the mat; in more advanced versions the feet can leave the mat in turn.

This is a great transition exercise out of your soft bounce warm up.



- **Upright Row.**

This exercise works your chest, abdominals, upper arms, shoulders, calves, quadriceps, hamstrings and buttocks. From a soft bounce, shift your weight to one side and lift the other knee until your thigh is almost parallel to the floor, then switch legs: it's basically a marching motion. Your arms start at your sides, then pull up, with your elbows out to the side, until your hands are in front of your chest, in a rowing gesture. Return your arms to your sides.

You can also use this exercise as part of your stretching bounce, before the aerobic/cardio portion of your workout.

Variation: Using the same leg motions, raise your arms over your head, then lower your fists, thumbs down, to your shoulders, with your elbows out to the side; raise to start.





• **The Slalom.** Start to the right of center of the mat, with your legs together and your feet parallel, with your toes pointing ahead and to the left. Bounce, with your feet coming up off the mat, and shift position so that you land to the left of center, with your toes pointing ahead and to the right. Repeat, alternating sides. Your knees and hips should be bent slightly, like a skier. All the action is below the hips, while the upper body remains virtually motionless, facing straight ahead. Keep your back straight, and stay on the balls of your feet. This exercise is great for coordination and strengthening of the calves and quads and the muscles in the torso, particularly the hips. It also isolates the hamstrings, buttocks and abdominals. It's an excellent way to improve your balance. If you choose to use hand weights during this exercise, hold them as you would ski poles!



- **The Washing Machine.** Starting in the middle of the rebounder, bounce and turn your hips and legs to the left and your chest and shoulders to the right. Your right arm extends out to your side at shoulder level, while the left, at the same level, bends in so your fist is in front of your chest and your elbow points out to the side. On the next bounce, shift position so your hips and legs go right and your chest and shoulders and arms go left. Continue alternating sides. Keep your back straight and your knees slightly bent. (To decrease intensity, don't raise your arms as high.) This works the calves, quads, hamstrings, buttocks, abdominals, shoulders and biceps. This move is great for the waistline, and for digestion.

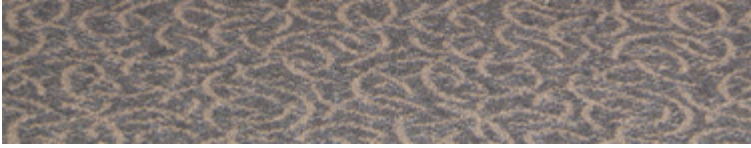


•**Forward Knee Lift.** Bouncing in the center of the rebounder, raise one knee to waist height, so your thigh is parallel to the floor, while your arms move as if you are holding a tray you are going to break across the raised knee. Beginners should keep the other foot on the mat; more advanced rebounders should let the “standing” foot leave the mat as they bounce. This exercise focuses on the calves, quadriceps, buttocks, hamstrings, abdominals, chest, arms and shoulders.



- **Abdominal Bounce.** This exercise focuses on the gluts and abs. In each of the several variations targeting your abdominal muscles, you actually bounce on your buttocks, with your legs either on the ground or in the air. For the complete version, sit in the middle of the rebounder, lean back to a 45 degree angle, and lift your legs to a 45 degree angle, so your body makes a “V” shape. Bounce on your butt without touching the rebounder with your hands, with your arms out in front of you as if you were holding the reins to a horse. Keep your eyes looking straight ahead, for balance, and squeeze the upper and lower abdominal muscles together as you bounce. This is the most difficult, and also the most effective, way to do this exercise.









Variation 1: For beginners. Bounce with your back straight up (perpendicular to the floor), your legs bent so your feet are flat on the floor, and your hands resting on the rim of the rebounder. Once you've mastered that, lean back to 45 degrees, but leave your feet on the floor. Increase the difficulty further by lifting one leg and then the other while you bounce.

Variation 2: Add an arm motion, pumping your arms up and down (while still "holding the reins.")

Variation 3: While in the "V" position, alternate your legs as described below, while bouncing side to side, landing alternately on your left and right buttocks. Bounce first with one leg straight and

extended out [parallel to the floor? Parallel or slightly elevated] and the other bent and pulled in towards your chest. Then, as you extend the bent leg, pull in the extended leg; keep alternating.

Variation 4: For advanced rebounders: the abdominal crunch. Bring both legs in to your chest, knees first, then extend out fully again, returning to the “V” position.

• **Weights Workout.** If you’ve ever done any weight lifting, these movements (if not the technique) will no doubt already be familiar to you. But they are certainly simple enough for someone who’s never picked up a weight before. The specifics of the system are described below in the “The pH Miracle Workout” section; here, I just want to describe how you do each exercise.

Dumbbell Squats. This exercise works your thighs. Stand with your feet slightly wider than your shoulders and angled outward. Holding a dumbbell in each hand, with your arms down along your sides and your palms facing your thighs, bend your knees until your thighs are parallel to the ground. Keep your back flat and your head up. Hold, then return, slowly and with good control, to start position.

Reverse (Step-Back) Lunge. This exercise works the back of your thighs. Stand with your feet hip-width apart with your arms along your sides with a weight in each hand. Step one foot behind you and bend both knees, lowering your torso (keeping it straight!) toward the ground until your front thigh is parallel to the ground and your back thigh is perpendicular to it. Hold, then slowly rise and step your feet back together.

Dumbbell Bench-Press. This exercise works your back. Lie on your back on the floor, or, better still, on a bench press bench. With a weight in each hand (or, using a barbell if you have one), begin with your arms raised straight up toward the ceiling from your shoulders, with your hands slightly closer together than your shoulders. Under very strict control, lower the weights toward the upper part of your chest, bending your elbows out to the sides. Pause briefly, then begin to raise up again until you find the point of most resistance,

about half way up, with your elbows still bent. Hold there. Then slowly return to the starting position, with your arms straight.

Two Arm Dumbbell Rows. This exercise works your back. Sit on the floor, leaning back at a 45 degree angle [are your legs straight out in front of you? Bent with your feet flat on the floor? You can have your feet either way] with your arms extended in front of you, with a weight in each hand. [arms parallel to the floor at shoulder height] [palms face up or down or in toward body You can do it both ways] Row the dumbbell toward your chest– it should break the plane of the torso slightly – and hold. Return to start position with good control.

Dumbbell Side Laterals. This exercise works your shoulders. Stand up straight with your feet hip-width apart. Hold a dumbbell in each hand, with your arms at your sides with your palms facing your thighs. Raise your arms straight out to the side until they are parallel to the ground. Keep a slight bend in your elbow. Hold, then lower slowly and with control to the start position.

Dumbbell Curls. This exercise works the biceps in your arms. Stand with your feet hip-width apart with a dumbbell in each hand and your arms down in front of your body with your palms facing forward, away from your body. Keeping your elbows tucked in at your waist, curl the weights forward and up toward your chest. Do not use any sudden jerking, yanking or thrusting to get the motion started; it should be a smooth continuous motion. Pause briefly at the top and lower with good control until you reach the point of greatest resistance and hold. Your arm and chest muscles should be fully flexed. Then return slowly to the start position.

Dumbbell Triceps Extension. This exercise works the triceps in your arms. Stand with your feet hip-width apart and lean slightly forward, keeping your back straight and your arms along your sides with a weight in each hand. Your palms should face behind you or, for a slightly different feeling, toward your thighs. Raise your straight arms directly behind you, away from your body, as high as you can. Hold at the top of the arc, then return slowly to the start position.

Standing Calf Raise. This exercise works your calves. Stand with your feet hip-width apart with a weight in each hand and your arms straight along side you. Lift up off your heels onto the balls of your feet as high as you can. Hold, then lower slowly back to the ground.

The pH Miracle Workout. The pH Miracle Workout has two somewhat different phases you do on alternating days. You're going to do 15 minutes on the rebounder every day. Three days a week (not consecutive days), you're going to add in the 8 weight lifting exercises. And on Sunday, you rest. Your body needs that too!

Begin each workout with a warm up. Do the soft bounce for two minutes to increase blood flow and get everything moving, preparing your body for the work ahead.

If you like you can add this deep breathing exercise to your warm up to increase the alkalizing of your body: Start standing with your arms at your sides. Lift your arms out to the sides and up over your head, keeping your palms facing up so they eventually touch over your head. Take a deep breath through your nose as you raise your arms up and out to the side. As they reach shoulder high, continue breathing in, but now through your mouth and continue raising your arms until your palms touch up over your head. As you do this you should feel oxygen going deep into your lungs. Let your breath out through your mouth, slowly, as you return your arms to your sides. You may want to hold your breath for a count of 4 while your arms are overhead and your lungs are full of oxygen before releasing your breath and your arms. Breathing out through the mouth prolongs the exhalation, helping to release the air that is generally left in the lungs when you are breathing shallowly – air which contains more acidic carbon dioxide – and replacing it with fresh alkalizing air containing more oxygen.

You can do this on or off the rebounder (though it only counts as warm up if you bounce while doing it! I recommend doing this every day, 10-15 times. It will begin the process of feeding oxygen to the whole body, and especially the brain, increasing circulation and improving cognitive function – and keeping you alkaline and slim!

The next phase is a two minute stretch, while doing a soft bounce with your feet shoulder width apart. For the first stretch, reach both arms overhead and stretch as high as you can. Lean left and then right [OK? ok] for 25 bounces. Secondly, reach your left arm up toward the sky along side your head, then bend it at the elbow and send your hand down behind your head and neck. Use your right hand to gently stretch your left arm behind your head, holding for 5 seconds, or about 3 bounces. Then switch arms. For the third stretch, extend your left arm across your chest, gently pulling your upper arm in toward you with the right hand. Hold for about 5 seconds, or about 3 bounces. Do the other arm in the same way. For a more advanced stretch, alternate kicking your legs out, in front and/or behind you. You can also use the upright row as part of your two minutes stretching. [this isn't going to add up to 2 minutes, is it? If they do some of the other rebounds like the jumping jack] [illus. TK of all stretch positions]

On the days you are doing the weight lifting exercises, they should come next. You can do them on or off the rebounder, but be sure to bounce for 15 seconds between each exercise either way.

Every day you need to run through the rebounder exercises described in this chapter. This too is divided into two parts. First the cardio conditioning portion, followed by the isometric portion targeting specific muscles (other than the heart!) You should spend 5 minutes concentrating on aerobics, running, jogging or walking in place, and/ or doing the high bounce or the knee high sprints.

Spend another 5 minutes working different specific parts of the body with a series including some or all of the following: The Forward Knee Lift, The Hand to Knee, Elbow to Knee, Hand to Heel, The High Kick Step [which one is this? We haven't used this name The High Kick is kicking your feet out in front of you while you are leaning backwards – this exercise works the chest, stomach, back and legs], The Triceps Curl, the Upright Row, The Washing Machine, and The Slalom. Save the abdominal exercises for last.

If you can't fit all the exercises into the time allotted, and you don't want to run over, do the ones that zero in on the areas of your body that need the most work. Or, do the ones you think are the most fun! Do be sure to get in the abdominals every time, though, at least 25 bounces of each variation you do.

For the aerobic/cardio portion of your rebounding, jog or run in place for at least 200 bounces. For whatever time remains, mix in other exercises if you want, building up from 25 bounces of any given one to up to 100. For each isometric rebounding exercise, begin by doing one set of 25 bounces of each before moving on to the next exercise

Once you've mastered that, work up to 50 bounces, then eventually 75, and finally 100. Try to increase each week, so that after 4 weeks you are up to the total of 100, though you can set a different pace for yourself if you want or need to. Also, you might be ready for more repetitions of some moves sooner than others, and that's OK. As long as you are rebounding for your 15 minutes a day, you're benefiting.

The final phase of each workout is to cool down by doing the soft bounce for one minute. This is another good time to do the deep breathing exercise, if you so choose.

THE PH MIRACLE WORKOUT AT A GLANCE

Warm up: 2 minutes

Stretch: 2 minutes

Weight lifting: 4 minutes (3x/week)

Aerobic/cardio rebounding: 5 minutes

Isometric rebounding: 5 minutes, including, lastly, an abdominal bounce for at least 25 bounces.

Cool down: 1 minute

Weight Lifting Exercises. On the three (non-consecutive) days each week when you extend your workout to 20 minutes by adding in the weight lifting, you need to do only 1 rep of each exercise. That's right: one set of one rep! This is the most efficient and

effective muscle-building technique available, and it is very simple. But trust me when I tell you, it isn't as easy to do as it sounds!

Use the maximum amount of weight you can hold at the point of greatest resistance for 15 – 30 seconds. If you can't hold it for 15 seconds, you need to decrease the weight. When you can hold it for longer than 30 seconds, you need to increase the weight. You don't need very heavy weights. I start with 20 pounds in each hand when I'm working my arms, for example. You may find that you need different amounts of weight for different exercises.

After completing each exercise, take a deep breath in through your nose and breath it out through your mouth. Then do the soft bounce on the rebounder for 15 seconds to get rid of any acid build up in the muscle being stressed.

PUMP UP THE PROGRAM

Once you've mastered the basic pH Miracle Workout, there are a couple ways you can increase the intensity of the workout. These are always optional; the basic program is enough to keep anyone at a healthy weight. But for those who want to develop their muscles more precisely, or amp up the workout, or just have a change of pace, here are some options:

Using Weights on the Rebounder. You can increase resistance by using hand or ankle weights for any or all parts of your rebounding workout. The force of gravity increases the weight one and a half times as you contact the mat, so this is a very powerful way to increase size and strength of muscles quickly. But you'll need to use very light weights. Start with 1 pound weights, working up (if you can or want to) to 2 or maybe 2 and a half pounds. Even if you move up on some exercises, lower weights might still be best for others. I generally use 2 and a half pounds, for example, but just 1 pound when I'm doing jumping jacks. If you do use weights on the rebounder, I suggest starting out with weights for 25 bounces at first, working up by sets of 25 until you can do all 100 bounces with the weights. If you want to increase the weight, do so gradually, and only after you've mastered doing all 100 bounces with the original weight.

You can also do your 8 weight lifting exercises on the rebounder if you so desire, while doing a soft bounce. You'd want to use your regular weight dumbbells for this purpose. Alternately, if you use light dumbbells for most or all of your regular rebound workout, you could skip the extra weight lifting altogether and complete your entire workout every day in just 15 minutes.

Plyometric jumping means increasing intensity by increasing speed. That is, do whatever you were already doing – but faster! This allows you to improve your coordination and agility, decreasing your risk of injury, as well as intensify your aerobic workout. Start by doing one or two movements in your regular routine rapidly, and master them before adding more, one by one. You can start by doing just a portion of the bounces of each exercise rapidly, and working up to doing the whole set that way.

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Ryan Marcotte

I was very unhappy with the way my body was looking, so I entered a fitness and weight loss contest connected to a best-selling book. I was very dedicated, but I just wasn't having any success. Then I switched to the pH Miracle program, and lost 31 pounds of fat while gaining 11 pounds of muscle – in just 12 weeks! I went on to be one of the top winners in that original contest, even beating the last year's grand champion. All without meat, chicken or protein drinks, building muscle with blood and building blood with green foods and green drinks.

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EXERCISING SAFELY

You've already learned the most important safety tip when it comes to exercising safely, efficiently, and effectively: do it in a way that will alkalize, rather than acidify, your body. Besides that, I want to give you a few basic tips on integrating exercise into your life in a wholly beneficial way.

Keep hydrating. You need even more water (or green drink) while you exercise.

Start slow and work up gradually to the full program. This is especially important if you haven't been active, but also applies when you are already active but beginning a new form of exercise. So start with lower weights and work up from there. Start with fewer reps and build up. Begin by just doing the soft bounce and work up to more complicated jumps. Or, rebound for shorter periods until you are ready for the full 15 minutes.

Use the support bar any time you are doing a new or complicated bounce, especially anything that involves moving your legs out away from your body. As your strength and balance improve you may find you don't need the bar.

Avoid overly rigorous workouts. More is not always better!

Don't exercise when you are very ill. Sometimes, your body needs rest more than it needs exercise. When you start to feel your energy coming back, by all means continue with your regular program, even if you need to modify it temporarily.

SWEAT MORE, WEIGH LESS

If you are exercising moderately but not sweating, or not sweating much, try the following strategies to get the acids flowing out of your body:

Make sure you are drinking the amount of water recommended. Build up to it gradually if necessary.

Drink at least 1 liter of green drink at least 30 minutes before exercising.

Exercise more often or for longer periods of time. Do 30 minutes instead of 15, or do your 15-minute routine twice a day. In general, more often is better than longer.

If you can't exercise, you can still sweat: take a 30 minute infrared dry heat sauna at 140 degrees F. Be sure to hydrate yourself with green drink. This kind of sauna is the best passive exercise you can get. It will increase blood circulation, begin the movement of lymphatic fluids, and increase your heart rate as if you were moving.

And you will sweat! Dry brush your skin daily to open pores. You can do this in the shower after a workout.

Take an Epsom salts bath to open the pores and draw out acidic toxins. Have a lymphatic massage twice a week to move acids out of the tissues through the lymphatic system

My goal is to make this program as fun as it is effective, and I hope you'll enjoy rebounding as much as I do. If not, choose something else that interests you; exercise only works if you actually do it! One great thing about this program is that you'll get positive reinforcement right away, as you watch your body start to tone and firm up, and the pounds come off, as you lose excess acid through eating and exercising right. In just 15 minutes a day!

Chapter 25 The pH Miracle Recipes

The secret to putting this plan into action: delicious recipes for alkaline food. Knowing why it is important to stop eating acidifying foods, and wanting to do so, is all well and good, but then: what are you going to eat? Look no further for the answer. And: get your taste buds ready for a treat. They may be dulled currently to the exquisite wonder of nature's bounty, but soon after you switch over to this way of eating they'll be alive to every natural, wholesome flavor it has to offer.

"Those who think they have no time for healthy eating will sooner or later

have to find time for illness." —eDwarD StaNley, author oF the CoNDuct oF liFe

"The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition." —thoMaS eDiSoN, aMericaN iNveNtor aND ScieNtiSt

Shelley Redford Young put together the recipes, and I think you'll be as glad as I am that she is such an original talent in the kitchen. She never much cared for cooking before we went alkaline, so rest assured there are plenty of quick-and-easy recipes here, and plenty your family will love.) Shelley developed many of the dishes here, but also included are some of the results of a recipe contest we held. Who knew there were quite so many alkaline chefs out there,

building their own better meals? She and I both thank and honor all those who have shared their creations in this way.

Our first book, *The pH Miracle*, contains an extensive recipe section as well, so if you ever exhaust what's here you have an option for more ideas about eating in harmony with the pH miracle plan. And we hope you will improvise and innovate, as you grow more comfortable with preparing food the pH Miracle way.

In this chapter, you'll find sections for Drinks and Shakes; Soups; Salads; Dressings, Dips and Sauces; Entrees/Side dishes and Snacks/Desserts. Recipes marked with an asterisk (*) are suitable for use in a liquid feast.

NB: The most important thing for you to remember as you begin to prepare your food is that cancer cells absolutely love sugar—and sugar feeds cancer. That's right, sugar is the food of cancer with a cancer cell having 96 sugar receptors compared to a normal cell with four! So steer clear of all acidic foods and beverages that cancer cells love.

DRINKS AND SHAKES

Many of these drinks and shakes can serve as a complete meal. They enter the bloodstream quickly and give the greatest amount of concentrated nutrition and energy with the least amount of digestive stress of anything you could eat.

The Raw Perfection Morning Monster Juice. Serves 1. Donated by Mike Nash

This is great when you need something that will stick with you until midday; the fat will help you feel full. Besides providing that fat, the avocado

is the key to the creaminess of this smoothie.

1 package (bunch) kale

1 head of celery

1 lemon

A handful of spinach leaves

1 avocado

1scoop of green powder

1 chili pepper

Put kale, celery and lemon through juicer, and then combine in blender with remaining ingredients.

AvoRado Kid Super Green Shake*. Serves 1.

This is our favorite cool green shake, and we've enjoyed it for breakfast, lunch and dinner, or anytime we want a snack. It's a great way to get the concentrated nutrition and chlorophyll of green powder and soy sprouts powder (and an especially great way to get it into your kids). The cucumber and lime cool the body, and the essential fats in God's great butter, avocado, and the soy sprouts make this shake one that you can burn on for many hours.

1 avocado

½ English cucumber

1 tomatillo

1 lime (peeled)

2 cups fresh spinach

2 scoops soy sprouts powder

1 scoop of green powder

1 pkg. stevia

6-8 ice cubes

Blend in a blender on high speed to a thick, smooth consistency.

Serve immediately.

Variations:

* Add 1 tsp. of almond butter for a nuttier flavor.

*Add coconut milk or fresh silky almond milk for a creamier shake.

*Make a parfait by layering the shake with layers of dehydrated unsweetened coconut and sprinkle some of the coconut on top.

*Substitute a grapefruit or lemon for the lime for a different taste.

*Add 1 Tbs fresh grated ginger

*Add some seasonings that are bottled in oil (without alcohol) for a new exciting twist of flavor.

In the summer, freeze AvoRado Kid into pops for a cool frozen treat.

You can also completely freeze and then partially thaw small portions of the shake, then chop it up to enjoy as a slush.

Very Veggie Shake. Serves 2

Donated by Parvin Moshiri

1 c. distilled water

1/4 cup fl ax seed oil or olive oil

2 small cucumbers, sliced

1 cup spinach

2 avocados

1/3 head of Romaine lettuce

1/2 cup Broccoli 1/4 cup cilantro 1/4 cup parsley

2 stalks of celery cut into pieces

1/8 cup fresh mint leaves (or 1 tsp. dry)

2 medium limes or 1 lemon

1/8 cup fresh dill (optional)

Place water in a blender then add oil. Turn blender on and add remaining ingredients one at a time. When everything is chopped up, turn up blender to “liquefy” until you get a smooth and creamy green shake.

Zesty Lemon Ginger Shake. Serves 1.

Donated by Karen Rose

This refreshing shake can help raise blood sugar levels quickly. 1

lemon, peeled and chopped

2 T chopped fresh ginger

1 avocado

1 small cucumber

1-2 t So\$ tofu

Mix all ingredients together in the blender until creamy (add water if necessary for desired consistency).

Variation:

To make this higher in protein as well as even more lemony, add: 1

lemon or lime
2 scoops soy sprouts powder
1 scoop green powder
2 pkg stevia (with fiber)

1/4 c so\$ tofu

6-8 ice cubes

Paul's Breakfast in a Blender. Serves 1.

Donated by Paul A. Repicky, Ph.D.

This is a chewy sort of breakfast (or anytime) shake, which will keep you

going for hours.

**1/2 large, non-sweet grapefruit (or, 1 small one),
outer layer of rind peeled o" (the white inner rind
is quite nutritious) and core and seeds removed
handful of sprouts (alfalfa, or clover, or other)**

Handful of fresh spinach
1/3 c fresh ground fl ax seed
1-2 Tbs. UDO's Oil
2 cups broccoli

1/2 English cucumber

1 1/2 cups water

Mix all ingredients in blender on medium speed (or higher if you like it smoother).

Adjust quantities to taste; this usually makes 32-34 ounces.

Minty Mock Malt. Serves 2.

Donated by Matthew and Ashley Rose Lisonbee

½ English cucumber

Juice of 1 lime

Juice of 1 grapefruit

1 avocado

1 cup raw spinach

½ can coconut milk

1 t green powder

2 t soy sprouts powder

8-10 drops pH drops

2-4 sprigs for fresh mint leaves or ½ t mint flavoring (no alcohol)
(Frontier brand)

14 ice cubes

Combine all ingredients in a blender and blend to desired consistency. Variation: leave out the ice cubes, and freeze malt into pops.

Chi's Green Drink. Serves 2.

Donated by Jill Butler

1 head Romaine or Boston lettuce. Use the greenest leafy parts, omitting

the really light green stems if you wish.

3 cloves of garlic

1 lemon

¾ cup water ½ cup olive oil

1 piece of cut fresh ginger (optional)

dash of sea salt

dash of cayenne pepper

a combination of all or one or none of the following:

basil leaves

parsley

watercress (Dashes only)

1 cucumber, peeled

A little steamed broccoli

(Or use whatever combination of green veggies you like.

Experiment!) Blend in blender until smooth.

Carrot Crunch. Serves 1.

Donated by Randy Wakefield

This helps raise low blood sugar.

1/2 t green powder

7 drops pH drops

1 cup fresh carrot juice

1 chopped carrot

4 ice cubes

Combine ingredients in electric or hand blender and blend until smooth. Serve sprinkled with nutmeg.

Fresh Silky Almond Milk. Serves 4-6; makes appx. 1 quart. 4

cups of fresh raw almonds

Pure water

Nylon stocking (for straining)

Soak 4 cups of fresh raw almonds over night in a bowl of water.

Drain. Place the almonds into a blender until it is a third full (about two cups), and then add pure water to fill the blender up. Blend on high speed until you have white creamy looking milk. Take a nylon stocking, (I use a (clean!) white knee high nylon stocking) and pour the mixture through it over a bowl or pan, and let it drain. Squeeze with your hand to get the last of the milk through the nylon. Thin with water to desired consistency. Drink as is, or add a bit of stevia to sweeten it. Or, use in soups, shakes or puddings. Almond milk will stay fresh for about 3 days in the refrigerator. (Use the solids you strained out with the stocking in the shower for a great body scrub)

SOUPS

Soups are especially great for cancer patients because, since they are liquid, they provide energy, chlorophyll and hydration as you recover from this condition. Think of soup as a breakfast food, now

that you are avoiding the conventional starchy, sugar, and high protein options.

Navy Bean Soup. Serves 2-4 Donated by Roxy Boelz 3rd Place, pH Miracle Recipe Contest

This soup will help raise low blood sugar levels. 1 cup aduki beans, soaked overnight

1 cup navy beans, soaked overnight 1 small onion, chopped

2 large carrots, grated

Real Salt to taste

2 t fresh ginger, grated

1 cup celery, chopped

Nutmeg or cardamom

Cook the beans till just tender. Cool slightly. If necessary, add water to get the consistency of soup you want. Add salt, onion, carrots and ginger. Transfer to food processor or blender and process to the texture desired. You can add celery with the ingredients to be blended, or afterwards for crunchiness. Serve sprinkled with nutmeg or cardamom or a spice of your choice.

Tortilla Soup*. Serves 2

Donated by Cheri Freeman

3rd place, pH Miracle Recipe Contest

This entry won in the “transitional” category. Some people like to use Organic chicken broth instead of veggie. This soup, sans tortillas and Tofu would be great for a liquid feast.

3 cups yeast-free vegetable broth

1 cup pureed fresh tomatoes or packaged strained tomatoes with no preservatives or additives

8 oz baked seasoned tofu, sliced or coarsely chopped

Olive oil

2 T garlic, chopped

2 jalapenos, seeded and chopped very fine

**1/2 c. cilantro, chopped very fine 1/2 onion,
chopped very fine**

Real Salt to taste

Garlic pepper blend to taste

1 avocado, diced

Sprouted grain tortillas (1/2 for each serving) (optional)

Preheat oven to 200° F. Place your tortilla/s directly on the baking rack until they are crisp. Pour your broth and tomato puree in a saucepan and begin heating on very low heat while preparing vegetables and tofu. In a small skillet, brown tofu in olive oil. Add to broth. Add garlic and spices. When warmed, turn off heat, and add avocado to soup. Serve topped with broken bits of tortilla sprinkled on top for some added crunch.

Vegan Chili. Serves 2-4

Donated by Cheri Freeman

Great on cold nights!

3rd place, pH Miracle Recipe Contest [transitional foods]

2 veggie burger patties or crumbles

1/4 cup olive oil 1/2 onion, chopped

1 jalapeno (with or without seeds, depending on how hot you want it)

1 Tbs. Chili powder

1 tsp. Real Salt

2 cloves garlic chopped

3 cups strained tomatoes

2 cups tossed salad (mixed chopped greens, red and yellow peppers, carrots, etc.)

Vegan cheese shreds (optional)

In a saucepan or cast iron pot, brown crumbled patties in olive oil.

Add all remaining ingredients except salad. Adjust seasonings to your own taste. If you don't like it too hot, you can seed your jalapeno. Put about half of the chili in a blender, add salad mix and puree. Pour back into chili and stir thoroughly.

Serve topped with vegan cheese.

French Gourmet Puree. Serves 6

Donated by Eric Prouty

2nd place, pH Miracle Recipe Contest

This is a soothing alkaline puree. Sometimes I like to double the amount of lettuce to thin it out a bit.

1 Avocado

2 Stalks Celery

1 Head Romaine Lettuce

1 Small Tomato

1 handful Spinach

1 small Cucumber, peeled

2 Cloves Garlic

1/3 Onion

2 Tbs Olive Oil

Herbs de Provence

Sprouts (optional)

Puree all vegetables with a juicer, doing the onion last. Mix in olive oil, and Herbes de Provence to taste. Serve with sprouts sprinkled on top.

Creamy Watercress Soup. Serves 4-6

Donated by Deborah Johnson

1-cauliflower (cut into 1"pieces)

2-cups pure water

2-cups vegetable broth

2-cups chopped fresh watercress (reserve a sprig or two for garnish)

1-cup zucchini pieces

1-cup broccoli pieces

1-cup celery pieces

4-green onions, tops removed

1/4-cup extra virgin olive oil

Real Salt to taste

Boil water, remove from heat, add cauliflower and allow to rest for 5 minutes. Place cauliflower and water in food processor or blender and process until smooth. Add vegetable broth and remaining ingredients and blend until desired consistency is reached. Do not

over blend. Serve warm or chilled. Garnish with a sprig of watercress.

Clean and Simple Soup Serves 1-2

Donated by Eric Prouty 2nd place winner of Alkalarian recipes, in the pH Miracle Recipe Contest, held by the InnerLight Foundation, July 2003

1 Cucumber, cubed

1 Avocado, cubed mint (optional)

Place ingredients in food processor with S blade. Mix until almost smooth. Serve garnished with mint leaf.

Soothing Cooling Tomato Soup*. Serves 2-4

This silky smooth cooling soup can raise blood sugar if it has dropped too low. The combination of fresh tomatoes and avocado makes it high in lycopene and lutein.

6 med. tomatoes juiced and strained (pour through a Fine mesh strainer or nylon knee high stocking

1/2 avocado 3/4 cup fresh coconut water (make sure this is fresh, taken from a coconut)

1 cucumber, juiced

Real Salt to taste

Stevia (optional)

Blend until smooth. For a sweeter soup, add stevia to taste.

Cool Raw Red Soup. Serves 2-4

This is a raw soup made by juicing all your veggies and then blending them with avocado and some clear fresh coconut water. It has a cooling effect, and is light and refreshing — perfect for a hot summer day. 1 beet

1/2 large English cucumber

4 stalks celery

1-2 carrots

1 small clove garlic

1/4 cup fresh cilantro 1/2 avocado 1/4 cup fresh coconut water (which should be clear and slightly sweet)

Grated veggies (for garnish)

Juice first six ingredients, then pour juice through a clean knee high nylon stocking or a fine wire mesh strainer. Mix in blender with avocado and coconut water. Garnish if desired with grated veggies.

Roasted Leek Ginger Soup. Serves 4 Olive or grapeseed oil

1 Cup freshly strained Almond milk

1 leek, thoroughly cleaned and sliced in 1/3 inch slices 1 tsp. fresh ginger cut in thin slices

1/2 -1 tsp. Real Salt

2 cups Veggie Broth

In a soup pot, stir fry leeks and ginger in oil until softened and browned on edges. Pulse chop leek and ginger in food processor and return to soup pot. Add almond milk, broth and Real Salt. Warm and serve. Variation: add diced roasted peppers and garlic.

Potato Vegetable Soup. Serves 4

Donated by Terry Douglas

This is a nice full-bodied veggie soup that would help raise blood sugar

levels.

4-6 small red potatoes

1-2 Tbs. Olive Oil

1 med. Yellow onion, chopped

2 cloves garlic, chopped

2 cans of vegetable stock

1 celery, sliced

2 carrots, sliced into rounds
Salt, Pepper and cayenne
1-2 cups baby spinach leaves
1/2-inch fresh ginger, sliced or julienned
A few leaves of cilantro

1/2 cucumber chopped

1 tomato chopped

1/2 green or red pepper, chopped

Bragg Aminos (optional)

Basil (optional)

Cook potatoes in boiling water until tender (about 20 minutes). In a separate soup pan, over low heat, sauté onion in olive oil; add garlic when the onion is almost done. Add broth, celery and carrots. If you don't have lots of liquid, add a can of water. Heat until warm, 3-5 minutes. Veggies should still be crunchy. Season to taste with salt, pepper and cayenne. Remove from heat. Add spinach and ginger. To serve, quarter potatoes, and divide into soup bowls.

Optional: add a drop of liquid Bragg Aminos and a basil leaf in each bowl. Add soup, and top with cilantro, cucumber, tomatoes and pepper. Serve immediately, with crackers or sliced avocado.

Spicy Latin Lentil Soup. Serves 4

Donated by Cathy Galvis

This cooked soup would help raise blood sugar levels. Buen apetito !

2 c. lentils

6 c. water

2 carrots (sliced)

1 celery stalk (chopped)

1/2 green pepper (chopped) 1/2 red bell pepper (chopped)

1 onion (chopped)
2 cloves garlic (minced)
2 bay leaves
1 tsp. Bragg's Amino's
1 tsp. olive oil

**1/2 tsp. jalapeno pepper (seeded and chopped) 1/4
tsp. cayenne pepper**

1/8 tsp. black pepper

1/4 c. cilantro (chopped)

In a large pot, add the water and lentils and bring to a boil. Add the carrots, cayenne pepper, black pepper, Braggs and bay leaves. Return to a simmer and cover. In a separate pan, sauté the onions, garlic, green and red peppers, celery and jalapeno pepper in the olive oil for a few minutes. Set aside. Cook the lentils for approximately 20 minutes and add the sautéed onions and peppers. Cook for 10 more minutes, or until the lentils are soft. Serve garnished with the cilantro.

Creamy Cauliflower Confetti Soup

This soup is deceptively creamy-you'd think it had dairy in it. The roasted veggie bits give it, its confetti appearance. Sprinkle roasted bell peppers over the top and a dash of the Zip [generic name] for more color. 1 head of cauliflower

3 yellow crookneck squash
4 zucchini
2 yellow onions
2 pkg. cherry tomatoes

1/2 celery root

8 cloves garlic

1 quart Fresh Silky Almond Milk

1 container veggie broth

Grapeseed oil

Preheat oven to broil. Cut the veggies into bite-size pieces. Place on nonstick cookie sheets and rub with grapeseed oil. Broil until lightly browned,

10-15 minutes. While veggies are roasting, make an almond milk and place in soup pot. When veggies are done, add cauliflower to the blender with half the onion and half the celery root and blend with enough of the almond milk to get a rich and creamy consistency. Place mixture in soup pot. Pulse chop the remaining veggies in a food processor until minced and add to soup. Stir to separate the bits. Add broth and stir well.

Scrap Soup. Serves 4

Donated by Mary Seibt

3 large carrots

2 celery stalks

4 stalks asparagus

1 large yellow onion

6 cups of distilled water

4 tsp. of instant vegetable broth (yeast free)

1 1/2 tsp. cumin

2 tsp. dill

Real Salt to taste

2 tsp. 21 Spice Salute or Zip

Shred carrots and celery in food processor. Bring water to boil, adding vegetable broth and onion. Once boiling, turn off heat. Add carrots, celery, and stalks of asparagus and let stand until vegetables are tender. Cool enough to put in blender and mix all ingredients. Serve warm.

Veggie Almond Chowder. Serves 4

This soup is even better after it has stored in the refrigerator overnight and the flavors have blended.

3 cups soaked almonds (blanch to remove skins if desired)

Juice of 1-2 lemons

1 garlic clove
1 tsp. Garlic Herb Bread Seasoning (Spice Hunter)
1 quart Veggie Broth (I use Pacific Brand)
2 tsp. dehydrated tomato powder (the Spice House)
1 tsp. real salt

1/2 tsp. cumin 1/2 tsp. celery salt

Black pepper or the Zip to taste (Spice Hunter)

1/4 tsp. Green Thai Curry Paste

1 head broccoli
1 yellow onion
2-3 stalks celery

1/2 pound of fresh green peas from the pod

Put first 11 ingredients (up through curry paste) in a blender and blend until very smooth. Place in soup pot. Steam or steam fry the veggies, and add to soup pot. Warm and serve.

Tera's Any Meal Veggie Soup. Serves 6

Donated by Tera Prestwich

1 Med. Onion
3 Cloves of garlic (1tsp minced)
5-7 Sun dried tomatoes
2-3 Tbs. Bragg's liquid amino
1 Tbs Parsley (1/4 c. fresh)
2 tsp real salt
Pepper to taste (I use 1 tsp)
1 Quart Veggie broth
1 Quart Water
1 Head of cauliflower
1 bunch of broccoli

1 bunch of celery (I use the leaf also)
1 lb of carrots

½ lb of fresh green beans ½ lb of peas

Blend first 7 ingredients (through pepper) in food processor. Put in soup pot and cook until onion is clear. Add broth and Water and bring to a boil. Chop veggies (and feel free to get creative with any veggies here, instead of or in addition to the ingredients above), and add to the soup along with more water if necessary. Cook until veggies are just tender but still a little crunchy.

Celery Root Soup Serves 4

Celery Root (or Celeriac) is different from celery, although the taste is a bit similar. Celery root is a large gnarly rough skinned root. Not the most attractive of vegetables sitting in the produce section, but nonetheless, delicious and very good for you. Wash celery root thoroughly with a brush to loosen dirt trapped in the gnarls. It is somewhat difficult to peel, so break out a good sharp knife or trusty peeler.

Grapeseed oil

1 large Celery Root, peeled and chopped into large bite-sized chunks
2 white onions, chopped

1 c. water or vegetable broth

Real Salt to taste

Sauté onions in oil until softened and lightly browned. Add celery root and water and steam for 5-10 minutes until veggies are done. Put soup in blender with enough water or broth to cover the top of the onion and celery root. Blend until smooth and creamy. Add more water if necessary to reach desired consistency, and season to taste with Real Salt. Serve warm as a soup, or spoon over veggies as a sauce or gravy. Experiment with adding your favorite seasonings.

Creamy Tomato Soup Serves 2

Donated by Dr. Gladys Steen

4 Roma Tomatoes

2 green onion tips (using about 1 inch of white/light green part)

¼ green pepper

1 cup vegetable broth
1 avocado or ¼ so\$ tofu package
1 tsp. sea salt
Pepper to taste
Liquefy in blender, then warm.

Creamy Curry Broccoli Soup Serves 2 Donated by Dr. Gladys Stenen

2 cups of broccoli
2 cups Vegetable broth (adjust amount to reach desired thickness)

¼ so\$ tofu package (or more to taste)

1 tsp. curry powder
Salt and Pepper to taste
Liquefy in blender, and then warm.

Special Celery Soup* Serves 6-8

This is a perfect soup for an appetizer before your main course, or on a day when you're tired and need to give your mind, body, and digestive tract, a rest.

1 Tbs. Coconut Oil
1 whole head of celery, including core and leaves, sliced
1 leek (sliced white part)
1 Tbs. ginger grated
1 quart Fresh Silky Almond Milk
Vegetable broth (optional)
Sauté celery and leek [and ginger?] in oil until softened. Place half in the blender with half the almond milk and blend well. Mix with remaining veggies and almond milk and warm. Thin with vegetable broth if desired.

Green Gazpacho Two Ways Serves 4-6

Donated by Eric Prouty
2nd place winner, the pH Miracle Recipe Contest
You can prepare this soup simply for a refreshing taste, or you can

make it robust with the addition of herbs (which is what my family prefers).

Either way, it's a wonderfully alkaline soup, packed with chlorophyll.

2 Avocados

2 Green Bell Peppers

6 Roma tomatoes

1-1/2 Large English Cucumbers (or 2 average size)

1 Head Romaine Lettuce

1/2 Red Onion

3 cloves Garlic

1/4 cup fresh lemon juice 1/4 t Real salt

2 Tbs. Olive oil

1-1/2 tsp. Basil

1/2 tsp. Dill 1/4 tsp. Oregano

1/8 tsp. Sage powder

Chop all vegetables. Mix avocado, lemon juice and garlic in food processor (with S blade), until smooth and empty into bowl. Process tomatoes and romaine until smooth, and add to bowl. Pulse peppers, cucumbers and onion until chunky (approximately 1/8- 1/4 inch) and empty into bowl. Mix well with salt and olive oil, and herbs if desired.

SALADS

Salad is an important part of a meal, especially for someone with cancer. It is alkaline, high in water, and high in fiber, and should take up the major portion of your plate (70-80fl).

Lentil-Brazil Nut Salad. Serves 1-2.

Donated by Roxy Boelz

3rd place, pH Miracle Recipe Contest

1 ½ cups lentils, cooked
1 cup edamame beans

¼ cup lime juice

Dash of Real Salt

½ -1 tsp. fresh ginger

1 cup spinach, rinsed and chopped
2-3 Tbs. chopped Brazil nuts
Sprinkle of parsley

Combine the lentils, edamame beans, and spinach. Combine the lime juice, salt and ginger, and stir into bean mixture. Sprinkle with brazil nuts and parsley.

Lemony Green Bean Salad, Serves 1-2 Donated by Roxy Boelz 3rd place, pH Miracle recipe contest

1 cup green beans cut
1 cup zucchini, sliced and cut
Juice of one lemon

½ cup daikon radish, sliced and cut ½ cup dulse flakes ½ cup parsley, cut

Lightly steam the green beans. Cool. Combine with zucchini and daikon. Stir in lemon juice. Sprinkle with dulse flakes and parsley.

Moroccan Mint Salad. Serves 4-6

Donated by Lisa El-Kerdi
Best in Show, pH Miracle Recipe Contest
Serve this refreshing salad with Lisa's other award winning recipe, North African Bean Stew!

2 cucumbers, seeded and minced by hand
4-6 scallions, minced by hand

1 bunch parsley, stems removed
1 bunch mint, stems removed

½-1 jalapeno

4 tomatoes, seeded and finely chopped

**½ cup lemon juice ¼ cup olive oil ½ tsp. Real salt
½ tsp. paprika**

Mince herbs and jalapeno in food processor, or by hand. Mix in bowl with cucumbers and scallions. Add tomatoes, stir in lemon juice, olive oil and spices. Shattuck!(to your health)

Moroccan Cole Slaw. Serves 4-6

Donated by Eric Prouty
2nd place, pH Miracle Recipe Contest

½ Green Cabbage ½ Red Cabbage

1/3 cup fresh Lemon juice
1-1/2 tsp. Chinese 5 Spice powder

½ tsp. Caraway seeds

4 Tbs. Olive Oil

Shred cabbage in food processor with shredder wheel. Mix all ingredients well in a bowl. Let sit for at least half an hour before serving to allow flavors to blend and seeds to soften.

More Peas Please

Donated by Dianne Ellsworth

This recipe would help to raise low blood sugar

4 oz. Pea pods washed, trimmed and cut into bite sized pieces 4 oz.

Pea shoots 4 inches long cut in half (or pea sprouts 2 inches long)

10 oz. Frozen baby peas thawed

1/2 of a small red onion sliced very thin cut slices in half

2 cloves of garlic pressed through a garlic press or minced finely

3/4 cup raw pumpkin seeds

2 Tbs. fresh baby dill weed

2 Tbs. freshly grated ginger

Zest of 1/2 lemon cut in 1/2 inch pieces

Juice of 1 lemon

3 Tbs. olive oil

2 Tbs. grape seed oil

1 Tbs. Udo's oil

1/2 tsp. dried dill weed

1/2 tsp. Spice Hunter Garlic Herb bread Seasoning

Bragg's to taste

Mix the first 9 ingredients (through lemon zest) in a salad bowl. Make a dressing by mixing the remaining ingredients together thoroughly.

Pour half of the dressing over the vegetable mixture and toss well.

Add more dressing to taste.

Alkalarian Cole Slaw Serves 4-6

Donated by Sheila Mack

3rd place, The PH Miracle Recipe Contest

1/2 head green cabbage, shredded

2 medium carrots, shredded

1/2 small red onion, sliced thinly into strips 1/2 cup chopped Italian parsley

1 c coconut milk (make it fresh by blending the coconut water and meat of a Ti coconut) in a blender.

1 t arrowroot powder (optional)

**½ tsp. sea salt or to taste ¼ tsp. celery seed ½
Tbs. fresh lime juice**

2 Tbs. Grapeseed Oil

Dash of cayenne pepper

Stevia (optional)

Toss the first four ingredients (through parsley) in a bowl. Blend coconut milk and arrowroot (if needed to thicken) in blender. Blend in remaining ingredients and toss with cabbage mixture. This tastes best if you let it sit and chill for a while before serving, to give the flavors a chance to blend.

Popeye Salmon Salad Serves 4

Donated by Maraline Krey

2nd place, pH Miracle Recipe Contest

This salad would also be delicious without the fish! To get the most juice out of them, roll the lemon and limes on the counter before cutting and

squeezing them.

1 ½ lb. Salmon Fillet (cold water preferred)

Juice of 1 lemon

Juice of 3 limes, divided

4 oz. water

2 oz. Avocado Oil or Extra Virgin Olive Oil

Real Salt

Ground Pepper

1 oz. Ground fl ax Seed

1 oz. Poppy seed

Handful of pine nuts (optional)

1 lb. Spinach leaves

½ cup of Basil leaves

1 cup Hearts of Palm, diced
1 cup diced carrots (optional)
1 cup diced celery (optional)
1 cup diced tomato (optional)
1 cup diced asparagus (optional)

Place salmon in a glass baking dish. Marinate in water and juice of lemon and one lime for two hours, turning over after an hour.

Preheat oven to

400° F. Bake salmon in the liquid for 25 minutes, then place under the broiler for 5 minutes to brown the top. Make dressing by combining remaining lime juice, oil, pepper and salt, and seeds and pine nuts. Use kitchen scissors to cut spinach and basil leaves into bite-sized pieces. Add into a large salad bowl with whichever of the diced vegetables you choose. Toss with dressing and let sit until salmon is ready. To serve, cover dinner plates with salad, and top with pieces of salmon.

Rustic Guacamole makes an excellent accompaniment.

Quinoa Salad Serves 4

Donated by Charlene Gamble

Quinoa is a versatile grain. Small and lacy, it makes a good substitute for rice. Because of its rice and beans, this recipe will help raise blood sugar

levels.

1/2 cup Quinoa

1 cup vegetable broth
1 tsp. cumin, divided

1/2 cup brown rice

1 cup water
1 15 oz. Can black beans, drained, rinsed and drained again
1 1/2 red peppers, finely diced

1/3 cup minced cilantro
1 ½ bunches green onion, chopped
2 celery sticks, chopped
4 Tbs. fresh limejuice
3 Tbs. Olive Oil (or whatever healthy oil you prefer)
VegeSal or Real Salt to taste

In a small saucepan, combine rice, water and half of cumin. Bring to a boil, cover, reduce heat and simmer 35 minutes. Rinse quinoa in sieve. In another small saucepan, combine with broth and half of cumin. Bring to a boil, cover, reduce heat and simmer 15-20 minutes. Combine [cooled?] grains in a bowl with remaining ingredients. Refrigerate for a while before serving to blend flavors.

Tera's Hearty Party Serves 4-6 Recipe donated by Tera Prestwich 1 head of Broccoli

1 head of Cauliflower
1 red bell pepper
1 green bell pepper
1 orange bell pepper
2 stalks of celery (sliced)
1 bag of edamame (soy beans)
3 green onions

**½ clove of minced garlic ¼ cup of Braggs
Aminos or 1-2 tsp Real Salt ½ cup Essential
Balance Oil (or oil of choice)**

1 Tbs. Garlic herb bread seasonings (Spice Hunter)
Garnish with Zip (Spice Hunter)
Chop broccoli, cauliflower, celery, green onions and bell peppers and mix together. Cook Edamame's as directed and add to mix. then add in the Essential Oil, minced garlic, Braggs Aminos, and Garlic Herb Bread Seasonings. Toss together and garnish with Zip.

Jerusalem Salad Serves 4

Recipe donated by Sue Mount

1/3 cup tahini
2 Tbs. Olive Oil
1-2 cloves garlic, crushed
Juice of 1/2 lemon
3 Tbs. parsley
Salt/RealSalt to taste
Water
1 cucumber, diced
6 Roma tomatoes, or 3 regular tomatoes, diced
Mix first 6 ingredients thoroughly in a salad bowl; add water to thin to make a dressing. Add cucumber and tomatoes and toss. You can let this sit for an hour to allow the flavors to meld.

Refreshing Grapefruit Salad Serves 2-4

Donated by Kathleen C. Waite

I like to arrange the avocado slices in this recipe like flower petals, and put the grapefruit mixture inside as the center of the flower. This recipe

would help to raise low blood sugar.

1 Tbs. flax oil
1 Tbs. Braggs Liquid Aminos (or Real Salt or Herbamare to taste)
1-2 tsp. sesame seeds
1 tsp. Mexican Seasoning the Spice Hunter (optional)
1 grapefruit peeled and cut into bite size pieces
1 cup chopped celery
1 red bell pepper chopped or thinly sliced
1 cup jicama grated
1 handful of fresh cilantro
1 avocado peeled and sliced lengthwise
Soaked almonds, chopped

Combine first four ingredients (through Mexican spice) to make dressing. Combine remaining ingredients except avocado and almonds in a bowl and toss with dressing. Arrange on a plate with avocado slices. Top with almonds.

Steamed Beets with Greens Serves 2-4

Donated by Kathleen Waite

This recipe would be good to raise low blood sugar levels.

1 bunch of fresh beets with greens attached

½-juiced lemon

1 Tbs. flax oil

1 Tbs. Bragg Liquid Aminos (or Real Salt or Herbamare to taste)

Almonds, soaked and chopped (optional)

Cut beet head from greens and scrub well. Trim ends and cut into quarters or halves, depending on the size of the beet. Steam in steaming basket on high for 10 minutes and remove from heat. Meanwhile wash and rinse beet greens. Fold them over a couple of times and cut into pieces. When the beets are done, place the greens over the beets in the basket, put the lid back on, and let stand for 5 minutes to soften the greens. Meanwhile, combine lemon juice, oil and Braggs or salt. Put greens and beets into a serving bowl and stir with dressing. Top with almonds.

Romaine Peppered Salad Serves 6

Donated by Randy Wakefield

2 tsp. cold pressed olive oil or Essential Balance™

2 tsp. minced onion

2 tsp. tomato finely chopped

1 sm. jalapeno pepper, seeded & finely chopped

3 c. romaine lettuce

3 c. Belgian endive

1 red bell pepper, cut into strips

1 yellow bell pepper, cut into strips

Bragg's Amino's™/ Real salt to taste

Combine garlic and oil in a small bowl; let stand 30 minutes. Then add the minced onion, tomato, and jalapeno; stir well and set aside. Lay down whole romaine leaves to cover 6 salad plates. Tear endive and remaining romaine into small pieces and layer over top. Lay pepper strips on top. Drizzle each serving with 1 1/2 tablespoons of the oil mixture. Spray with Bragg's Amino's or Real Salt to taste.

DRESSINGS, DIPS AND SAUCES

The sauce is often the tastiest part of a meal. Veggies always taste more exciting dressed with herbs, seasonings and spices. It's also a way to include creamy textures in your dishes and enrich them with healthy and essential fats.

Almond Chili Sauce Serves 2-4

Donated by Roxy Boelz
3rd place, pH Miracle Recipe Contest

1/2 cup raw almond butter

1 Tbs. fresh ginger, grated
2 Tbs. lemon juice
1 clove of garlic
1 Tbs. Bragg's Aminos
1 chili, such as Serrano

1/4 cup water

Blend all ingredients together in blender till smooth. Add the water gradually, until you get the consistency you desire.

Mock Sour Cream Serves 2-4

Donated by Roxy Boelz
3rd place, pH Miracle Recipe Contest

3/4 cup coconut meat

1/3 cup brazil nuts (soaked overnight)
3 Tbs. olive oil
2 Tbs. lemon juice
1 Tbs. water

1/2 tsp. Real Salt

Blend all ingredients until smooth. Add water gradually to get the consistency you want.

Flaxseed Oil and Lemon Dressing Serves 2-4

Donated by Roxy Boelz

3rd place, pH Miracle Recipe Contest held by
the Innerlight Foundation, July 2003

**1/2 cup lemon juice 1/4 cup flaxseed oil or Udo's
Blend 1/4 cup water**

1/3 bunch, fresh basil (or 1-2 tsp. dried)
2 cloves of garlic

1/4 cup olive oil

Combine basil and garlic in blender. Add the rest of the ingredients and blend to desired consistency.

Sunnies Spread Serves 2-4

Donated by Roxy Boelz

3rd place, the pH Miracle Recipe Contest

1 cup sunflower seeds (soaked for 6 hours or overnight)
1 cup almonds (soaked for 6 hours or overnight)
2 Tbs. lemon juice

**1/2 cup fresh herbs of choice (parsley, basil,
cilantro, etc.)**

1 Tbs. dulse flakes

Process sunflower seeds and almonds in food processor. Add remaining ingredients except dulse flakes and stir well. Sprinkle on the dulse flakes. Variations: For garlic flavor, add chopped garlic to lemon juice and herbs, and then combine with sunflower/almond mixture. Use 1 tsp. kelp instead of dulse flakes, adding kelp in the food processor with the rest of the ingredients.

Almond Butter Dressing Serves 2-4 Donated by Debra Jenkins 1st place winner, Transitional Recipes, in the pH Miracle Recipe Contest

1-2 Tbs. Almond Butter

1/4 pound Soft or Silken Tofu

1 fresh clove garlic

2-4 Tbs. oil (Udo's blend, Essential Oil blend, or olive oil) Juice of 1 Lime

1/2-1 Tbs. Liquid Bragg's Amino's

1 tsp. Spice Hunter Mesquite Seasoning

1/2 tsp. onion powder

Blend ingredients together.

8 oz Tofu

1/2 cup raw Tahini 1/2 lemon juiced

1 tsp. cumin

2-3 sun dried peppers or tomatoes

1 clove garlic

1/2 tsp. Real Salt

Blend all ingredients together.

Tofu Hummus Serves 2-3 Donated by Debra Jenkins 1st place winner, Transitional Recipes, in the pH Miracle Recipe Contest

Almond Gravy Serves 2-3

Donated by Debra Jenkins

1st place winner, Transitional Recipes, the pH Miracle Recipe Contest This is good over buckwheat, rice, veggie burgers, vegetables, salmon and

more.

2 cups water

1/2 cup almonds (soaked and blanched, if preferred)

2 Tbs. Arrowroot powder

2 tsp. Onion powder

2 Tbs. Grapeseed oil

1/2 tsp. Real salt

Blend ingredients together. Warm over high heat, stirring constantly until thickened, about 3 minutes.

Tofu "Whipped Cream" Serves 2-4

Donated by Debra Jenkins

1st place winner, Transitional Recipes, in the pH Miracle Recipe Contest held by Innerlight Foundation

1/2 pound (8oz) Silken Tofu

2 tsp. Frontier non-alcoholic Vanilla

1/8 tsp. Stevia

1 Tbs. lemon juice water or almond milk

1 1/2 tsp. Psyllium or agar flakes (optional)

Drain tofu thoroughly. Combine tofu, vanilla, stevia and lemon juice in food processor and blend. Add water or almond milk as need to create a smooth consistency (should take only a few tablespoons).

To make whipped cream stiffer, add psyllium or agar. Refrigerate until chilled. Variation: Flavor with cinnamon.

Nutty Cream Topping Serves 1-2

Donated by Debra Jenkins

1st place winner of Best Transitional Recipes, in
the pH Miracle Recipe Contest

1/2 cup almonds

1/3 cup boiling water

1/2 tsp. lemon juice

Stevia

In a blender or coffee grinder, grind almonds to a fine powder. Add water and juice, and stevia to taste (about 2-3 drops of liquid or one packet). Blend on high till smooth and creamy. Chill for an hour or two. Variation: flavor with cinnamon, or almond or maple flavoring (get the flavors without alcohol)

Almond Avocado Dressing Serves 2-4 Donated by Debra Jenkins 1st place
winner of Best Transitional recipes in the pH Miracle Recipe Contest

2 Tbs. raw almond butter

1 clove garlic

1/2 medium avocado

1 Tbs. fresh lemon juice

1 Tbs. Bragg's Aminos

3 Tbs. Essential Oil Blend

3 Tbs. Udo's Oil Blend (or favorite olive oil)

Dash of garlic powder

**1/4 tsp. onion powder 1/2 tsp. Frontier Spice Fajita
Seasonings**

Blend in blender until smooth and creamy. Chill. Variation: Add 3-4 sun dried tomatoes

Avocado Grapefruit Dressing Serves 1-2

Donated by Debra Jenkins 1st place winner for
Best Transitional Recipes, in the pH Miracle Recipe Contest

1 large avocado

1/2 large grapefruit

Stevia (optional)

Blend

Blend 1 large avocado with 1/2 large grapefruit. Add stevia to balance tang, if desired.

Red Pepper Jelly Yield: 1 1/2 c; Serves 4

Donated by Cheri Freeman 3rd place winner of
Transitional recipes in the pH Miracle Recipe Contest

This keeps a few days in the fridge, or you can freeze it to use later.

For a great snack, make little triangle sandwiches with warm sprouted wheat

tortillas cut into quarters, almond butter and red pepper jelly.

2 Red Bell Peppers

30 drops Stevia (or to taste)

1/2 c. + 3 Tbs. Water

4 tsp. Pomona's Universal Pectin

4 tsp. Calcium Water (packet comes with pectin)

Grind or puree peppers in blender or food processor with 3 Tbs. Water. Add stevia to taste. Pour into a bowl. Prepare calcium water, and stir into pepper mixture. Bring 1/2 c water just to a boil and pour into food processor or blender. Quickly add pectin and blend. (You must work fast, or the pectin will form globs.) Quickly pour pectin mixture into bowl with pepper mixture and stir well. Pour into glass jar and refrigerate. It will jell completely in a couple hours.

Chips and Salsa Serves 4

Donated by Kelly Anclien

1st place winner of BEST alkalizing recipes, in the pH Miracle Recipe Contest held by the Innerlight

This recipe is great served as part of Kelly's other recipe, Fiesta Tacos El

Alkalarian.

Sprouted wheat tortillas

Olive oil

Garlic pepper

Fajita seasoning

Real salt

2 large tomatoes

5 Tbs. diced purple or red onion

1 ½ jalapeno pepper, seeded and chopped (mild salsa)

3 tsp. chopped fresh cilantro

2 garlic cloves minced

1 tsp. fresh lemon juice

Real Salt to taste

½ tsp pepper

2 sun dried tomatoes (optional)

Preheat oven to 350 degrees. Rub oil onto both sides of each tortilla, and sprinkle one side with spices (those above, or any combination you dream up). Use a pizza cutter to slice each tortilla into 8 triangles. Bake on a cookie sheet for 13 minutes, or until crispy.

Meanwhile, make the salsa. Place the remaining ingredients into a food processor and blend to desired consistency. Use the sun dried tomatoes if desired to sweeten and thicken the salsa.

Decadent Dill Spread Serves 4

Donated by Eric Prouty

2nd place winner for alkalizing recipes, in the pH Miracle Recipe Contest held by the InnerLight

Spread on cucumber slices, celery stalks, sushi nori paper (for veggie

rolls), flax crackers, or sprouted tortillas (for veggie wraps)

2 cups soaked sunflower seeds

3 cloves garlic

1/3 onion

2 Tbs. Olive Oil

1 Tbs. Bragg's Liquid Aminos (or 1/2 to 1 tsp. Real Salt)

1 tsp. Dill

Use Green Star/Green Life or Champion Juicer with plug attachment for nut butters. Add seeds, garlic and then onion. Mix with other ingredients in a bowl.

Tomata Tostada Basilicious

Donated by Dianne Ellsworth

Use your favorite pre-made tortillas for this recipe. Or, make your own. Dianne likes to tweak the Shelley's Super Tortillas recipe by adding about 20 sun dried tomatoes, an additional 2-4 basil leaves, roasted green chili, a peeled and seeded, and reducing the amount of coconut milk or water

to achieve the correct consistency for dough.

2-3 T olive oil

Juice of 1 lime

1-2 garlic cloves, minced

1/8-1/4 c tahini (raw)

1 17 oz. jar garbanzo beans, drained (save water)

20-22 sun dried tomatoes packed in olive oil

8-10 basil leaves (plus additional for garnish)

Real Salt, to taste

1/2-1 t Garlic Herb Bread Seasoning (Spice Hunter)

1/2-1 t cumin

Zip (Spice Hunter), to taste

Tortillas

Tomatoes, sliced

Guacamole

In a food processor put oil, lime juice, garlic, and tahini and process

until smooth. Add beans, sun dried tomatoes and seasonings and process until creamy. You may need to thin with extra water (from beans) to desired consistency. Spread hummus on tortillas, add a layer of tomato slices and a layer of guacamole, and garnish with sliced basil leaves.

Texas Style Guacamole Serves 2

Serve chilled or at room temperature, with veggies or tortilla chips (try Shelley's homemade tortilla chips with Mexican Seasoning in The pH Miracle. is a great after work pick-me-up snack.

Donated by Amy Efeney

2 large avocados

1 whole jalapeno pepper (more or less)

**½ habanero pepper (or not- they're really hot!) ¼
cup onion ¼ cup roasted tomatoes (or fresh)**

1 tsp. fresh lemon juice

1 shot garlic powder

1 shot Redmond Real salt

1 or 2 shots fresh ground pepper

Mash all ingredients together with a fork for chunky guacamole, or use a blender (a new one might have a "salsa" setting) or food processor for smoother texture.

Avocado Salad Dressing Serves 4-6

Donated by Gerry Johnson

Delicious over a garden salad.

2 ripe avocados, peeled

1 cup freshly juiced celery juice

Seasonings (optional)

Mix together in a blender, adjusting amount of juice to achieve desired consistency. Add whatever seasonings appeal to you-or enjoys as is.

Sunshine Dressing Serves 6-8

Donated by Frances Parkton

2nd place, in the pH Miracle Recipe Contest

This is a great versatile dressing, dip, or sauce. Somewhat like an all around Hollandaise Sauce that you could use for most any dish.

Great

over tacos or burritos too!

2 cups minced cucumber

2 sun-dried tomatoes

1 cup onions minced

4 jalapenos minced

1 cup Green bell pepper minced

**½ cup Olive oil ½ cup Avocado Oil ¼ cup.
Veganaise (make sure it doesn't have vinegar)**

2 tsp. Mexican Seasoning

Juice of 2 limes

2 tsp. of Herbamare

½ tsp. cayenne pepper

2 tsp. fresh garlic

Put all ingredients in vitamix or blender and blend to make salad dressing.

Adjust seasonings to taste.

Variation: add 1 c- 4 pints cherry tomatoes for a wonderful gazpacho.

Or serve over a bowl of the following combination: 2 c. cooked quinoa, 1 c. minced zucchini, 2 c. minced broccoli, 1 c. minced onion, 1 red or orange bell pepper, minced, 1 cup pine nuts, 2 T toasted sesame oil, and salt, tomatoes, and parsley to taste.

Rustic Guacamole Serves 4-6

Donated by Maraline Krey

2nd place in transitional recipes, in

the pH Miracle Recipe Contest held by the InnerLight Foundation This rustic guacamole can be served as a side dish, as a main course salad over baby spinach drenched in lime juice and avocado or olive oil.

For a great salsa to use over fish, add a cut up grapefruit.
4 Haas Avocados, diced into 1/2-3/4 inch cubes

1/2 bunch cilantro, cut up (use kitchen scissors)

1 x-large or 2-3 small tomatoes, diced

1/4 onion, chopped

Juice of 2 or 3 limes

1/2 tsp. Real Salt 1/2 -1 tsp Zip (Spice Hunter) or hot sauce (optional)

Combine in a large bowl and toss as you would a salad. Keeps in the refrigerator for two days.

Pesto Dressing/ Sauce Serves 4

Serve cold over salad or veggies or legumes.

1/2 jar Garlic Galore Pesto (Rising Sun Farms brand, has no dairy) 1/2 cup Olive Oil (cold pressed virgin)

2-3 sundried tomatoes

1 tsp. Garlic Herb Bread Seasoning (Spice Hunter)

1/2 cup raw Macadamia Nuts

Water to desired consistency

Put all ingredients into a food processor and process until smooth, adding Water to desired consistency.

Fresh Garlic Herb Dressing Serves 4

3/4 C. Essential Balance Oil, a blend of organic fl ax, pumpkin and sunflower oils (Omega Nutrition)

Juice of one large lime

1 tsp. Italian Pizza Seasoning (Spice Hunter)

2-3 cloves fresh Garlic minced

1/2 tsp. Onion Salt (Real Salt puts out a nice blend)

½ tsp. vegetable Rub (Spice Hunter)

¼ tsp. fresh minced rosemary

¼ tsp. heat wave Seasoning (very hot spice) (The Cape Herb and Spice Company)

Blend all ingredients in a food processor or blender until well blended.

RANCHadamia Super Sauce Serves 6-8

This is a great way to get o" of dairy ranch salad dressing. It is also great as a dip for raw veggies, or as a spread in wraps. Macadamias are rich in unsaturated fats, and contain calcium, magnesium, and many of the amino acids that make complete proteins.

2 cups of fresh raw macadamia nuts

Juice of 1 lemon

2-6 tsp. of LiteHouse Salad Herbs seasoning (a freeze-dried combination of parsley, shallots, chives, onions and garlic)

6-9 sundried tomatoes

1 and 1/2 tsp. Spice Hunter Cafe Sole Lemon Pepper (a blend of lemon, pepper, onion, and sea salt)

2 squirts of Braggs Aminos

Water

With food processor running (using an S-blade), add all ingredients except water through the top shoot. Start with 2 t of seasoning, then taste and adjust the amount. Mix well and then slowly pour a large glass of water in until you reach desired consistency. Process until very creamy.

3 Citrus Dressing About 2 c: Serves 6-8

This is a nice thick dressing with a sweet and our taste...very zingy! It is good when you are phasing out Thousand Island and other sweet dressings.

Juice of ½ large Pink Grapefruit

Juice of 1 lime

Juice of 1 lemon

½ tsp. Chicory root powder (name brand Nature's Taste by Amazon)

or 6-10 drops of liquid Stevia extract or 1 -2 packets of powdered Stevia.

1 tsp. hot mustard powder

4 Tbs. dried onion

2 tsp. garlic powder

2 tsp. dried basil

¼ tsp. dried rosemary ½ tsp. real salt

Pinch of Zip or to taste

1 ½ c Essential Balance Oil (Arrowhead Mills or Omega Nutrition brand) or other healthy oil

1 heaping T flaxseeds

Put all but last 2 ingredients into a food processor [or blender?] and blend well. With machine still running, add oil, then flaxseeds, and let machine run until all ingredients are well emulsified.

Citrus Flax and Poppy seed Dressing Serves 4 Recipe donated by Derry Bresee

½ cup carrot juice ½ cup freshly squeezed citrus juice (juice of 2 lemons, ½ grapefruit to

=1/2 cup)

½ tsp. dry powdered mustard

2 Tbs. minced dry onion

1 t flaxseeds (optional)

1 tsp. minced fresh garlic

1 tsp. basil

½ tsp. Salt

1 T poppy seeds

1 c flaxseed oil

Combine all but the last two ingredients in a blender and blend, using the flaxseeds if you want a thicker dressing. Add poppy seeds and pulse briefly. With blender on low, slowly pour oil in until dressing is emulsified and thickened.

Flaxseed Oil Dressing Serves 2-4

Recipe donated by Derry Breese

Juice of 1 lemon or lime, about ¼ cup

**½ tsp. onion powder ½ tsp. garlic powder ½ tsp.
salt ½ tsp. chop dry basil**

1 T flaxseeds (optional-use if you want to thicken enough that it spreads like mayonnaise)

**½ c Flaxseed oil (or, enough to be twice as much
as the juice) (Shake bottle well before pouring)**

Blend in blender. Serve immediately, or refrigerate until use.

Variation: use your favorite herbs or spices instead of the seasonings listed here.

ENTREES/SIDE DISHES

The following dishes range from casual to gourmet, and offer some of the best sources of animal protein, good fats, and complimentary seasonings. Whether they are entrees or side dishes depends on the balance you need to strike, keeping at least a 70/30 ratio on your plate, with most of your meal being raw veggies.

Coconut/Macadamia Nut Crusted Salmon Serves 6 This is a wonderfully sweet Hawaiian rendition of salmon I use for special occasions. It always gets rave reviews at The pH Miracle retreats! 6 Salmon Filets sliced very thin (1/2 inch)
3 cups dehydrated unsweetened coconut flakes

3 cups raw macadamia Nuts

1 tsp. real salt

2 tsp. Garlic Herb Bread Seasoning

1 can coconut milk (Thai brand)

Juice of three limes

Grapeseed Oil for frying

Combine coconut, macadamias, salt and seasoning in food processor. Pulse chop to mix, then let the machine run until the mixture is finely ground and crumbly. Combine lime juice and coconut milk. Dip filets in the liquid, then into the coconut mixture to coat heavily. Press and pat the coating into the fish. In an electric frying pan on medium heat, fry 4-6 minutes, or until golden browned. Flip just once and fry on the other side until golden. If the fish is not done in the center, place the lid over the frying pan and steam until done. Lift each #let onto a serving platter with a spatula, taking care lest the coating from crumble off. Serve immediately.

Asparagus with Garlic-Lemon Sauce Serves 1-2 Donated by Roxy Boelz

3rd place for alkalizing recipes, in The pH Miracle Recipe Contest held

by the Innerlight Foundation, July

2 cups of asparagus, steamed

1/3 cup fresh lemon juice

3 Tbs. ground golden flaxseed

1 chopped garlic clove

Lightly steam asparagus. Add lemon juice, garlic and ground flaxseed and stir. Serve warm or cold.

Tomato Asparagus Ratatouille Serves 2-4

Donated by Debra Jenkins

1st place in transitional recipes, in the pH Miracle Recipe Contest held by the Innerlight Foundation, July

Serve on its own, or over wild rice, buckwheat, or spelt noodles.

Makes A great alkaline anytime meals... even breakfast!

1 medium eggplant (peeled and cubed)

1 cup chopped asparagus

½ cup chopped green beans

1 chopped onion
1 clove garlic (minced or grated)
1 small zucchini (sliced)
3-4 fresh tomatoes
1-2 cups fresh spinach (optional)

¼ cup olive oil (can use Garlic flavored or Rosemary for extra flavor) ¼ tsp. Cayenne Pepper ½ tsp. garlic powder

1 tsp. onion powder
1-2 tsp. Spice Hunter Mesquite Seasoning
Real Salt and or Bragg's Aminos to taste
Lightly "sauté" all vegetables except spinach in water in a skillet for 2-4 minutes. Stir in seasonings. Add spinach (if using) and stir for 30 seconds more. Remove from heat, pour olive oil over all, and spray with Bragg's Aminos. Serve immediately.
Variation: add a few white beans or tofu

Fiesta Tacos El Alkalarian Serves 4-6 Donated by Kelly Ancien Best
Transitional recipe in recipe contest held by Innerlight Foundation July 2003

2 sprouted wheat tortillas
Olive oil
Spice Hunter Garlic Pepper
Fajita Seasoning
Real Salt
2 large tomatoes peeled and seeded
5 Tbs. diced purple or red onion
2 sun-dried tomatoes
1 ½ tsp jalapeno pepper, seeded (mild salsa)
3 tsp. fresh cilantro
2 garlic cloves minced
1 tsp. fresh lemon juice

½ tsp. ground pepper

2 avocados, mashed with a fork

**½ tsp. Spice Hunter's Mesquite ½ tsp. Spice
Hunter's Fajita ¼ tsp Real Salt**

Refried beans

Red bell peppers sliced into strips

Mixed greens

Line bottom oven rack with tin foil. Preheat oven to 350 degrees. Rub olive oil onto both sides of tortilla, and sprinkle one side with garlic pepper, fajita seasoning and salt. Hang each tortilla over 2 bars of the upper oven rack, to form the shape of tacos. (Any dripping oil will land on the tin foil.) Bake for 13 minutes, or until crisp. Meanwhile, make the salsa by blending tomatoes, onion, jalapeno, cilantro, garlic, lemon juice, and ground pepper in food processor to desired consistency. Use sun-dried tomatoes if you like a sweeter, thicker salsa. Add real salt to taste. Make guacamole by stirring together avocado with mesquite and fajita seasoning and real salt. Assemble fiesta tacos with layers of refried beans, salsa, guacamole, red peppers and mixed greens.

Roasted Veggie Pizzas Serves 8-10

I developed this recipe by basically unwrapping "Shelley's Super Wraps" (from "e pH Miracle), roasting the veggies, and crisping the tortillas. These are by far the favorite dinner at pH Miracle retreats. Feel free to add to or change the veggies you use in any way that appeals to you. Eggplant, bok choy, celery, and snow peas, anyone?

3 red bell peppers

2-3 orange bell peppers

1-2 green bell pepper

2 sweet onions (I use yellow)

20-30 whole pieces (cloves) of garlic

4 yellow crookneck squash

3 zucchinis

1-2 heads of broccoli flowerets

Heads of cauliflower

Avocados, sliced

Sprouted wheat tortillas

Hummus

Non-dairy pesto

Sundried tomato paste (store bought, or made by whirling sundried tomatoes in a food processor)

Pine nuts or slivered almonds (optional)

Preheat broiler. Cut the veggies, except avocado, into bite-sized chunks. Place on cookie sheets and lightly sprinkle with grapeseed oil. Broil until lightly browned on the edges. Meanwhile, spread a thick layer of hummus and pesto on each tortilla. Top with generous amounts of roasted veggies, and top with avocado and some squirts of sundried tomato paste. Sprinkle with nuts if desired. Place under broiler until tortillas have crisped and veggies are sizzling hot, and serve immediately.

Wild Fajita Verde Serves 2-3

Donated by Lory Fabbi

Serve with Ensalada Mexico (following).

**1/2 red bell pepper sliced in 1/4" wide long strips 1/2
green bell pepper sliced in 1/4" wide long strips 1/2
small white or yellow onion thinly sliced 1/2 cup
cooked Kashi pilaf (whole grains) or brown rice**

2 Tbs. Roasted green chilies diced

15 fresh cilantro leaves, rolled between fingers to crush

1/2 avocado sliced

Salsa Verde-I use Herdez brand (No vinegar)

Dash of Braggs liquid aminos if desired

2-3 Sprouted wheat tortillas or fresh homemade spelt tortillas OR

use large lettuce leaf in place of tortillas

Sauté peppers in a small non-stick pan wiped sparingly with oil, or grill on a Foreman type grill, 3-4 minutes until tender but still crunchy. Cook onion slices the same way until translucent. Warm tortilla in pan, remove and fill with peppers and onions. Top with cilantro, lime juice, avocado, rice or Kashi, and salsa verde.

Ensalada Mexico Serves 2-3

Donated by Lory Fabbi

The perfect compliment to Wild Fajita Verde. Or, to make it a main course on its own, serve with homemade tortilla chips and a dip made of refried beans, salsa, lime juice, and chopped onion, thinned slightly

with water.

1/2 sliced red onion

1 chopped bell pepper

1/2 cup chopped jicama

2-3 radishes sliced

1 chopped ripe tomato

1/2 avocado chopped 1/2 cup black or kidney beans (optional)

Salsa

Mix all but the last ingredient together, and top with your favorite fresh salsa (no vinegar).

Variation: Mix 1-2 T Veganaise with salsa (to taste) in food processor or blender for a creamier dressing. Or, to boost the spiciness, add 1/4 jalapeño, peeled, seeded and chopped. (Warning: Wash hands immediately after handling jalapeno to remove hot pepper oil, which can otherwise really sting.)

pH Pizza Delight Serves 1-2

Donated by David Martini

So fast, tasty and alkaline, you can enjoy this anytime.

1 Sprouted wheat tortilla (large burrito size)

Hummus

Bell Pepper in assorted colors

Fresh cucumbers

Fresh Spinach

Tofu

Sun dried tomatoes packed in olive oil

Spice Hunter Seasoning of your choice

Spread the hummus evenly on the tortilla. Cut the toppings into slices. (Roll spinach leaves up.) Place veggies on the hummus in whatever design or pattern you like. Sprinkle with your favorite Spice Hunter seasoning. Slice into wedges and enjoy!

China Moon Vegetable Pasta With Coconut Lotus Sauce Serves

6-8 Donated by Lisa El-Kerdi

BEST IN SHOW recipe in the pH Miracle Recipe Contest This colorful and flavorful dish is highly adaptable. Feel free to add vegetables of choice, modify according to season, and adjust quantities to suit

the number of friends you are serving.

1 large or 2 small spaghetti squash

1 bunch scallions, cut in 2" diagonals

1 carrot, thinly sliced

1-2 Cups Broccoli Florets

½ lb. Asparagus, cut in 2" diagonals

1 red bell pepper, sliced

2 yellow squash, sliced

1 zucchini, sliced

4-6 tiny bok choy, leaves separated, or ½ stalk large bok choy, sliced

½ lb. Snow peas ½ c coconut lotus sauce (recipe follows)

shredded unsweetened coconut

black sesame seeds

Cover lower oven rack with aluminum foil to catch any drippings. Preheat oven to 375-400 degrees. Make a one-inch slit in top of spaghetti squash. Bake on upper oven rack for 30-40 minutes, until squash gives to gentle pressure but is not mushy. Bring water to a boil in bottom of large pot with steamer tray, and then reduce to simmer. Place vegetables in steamer starting with scallions and carrots and continuing in order listed above. Cover and steam gently for 3-5 minutes, then turn off heat. The stored heat will continue to cook the vegetables. Be careful not to let them get overdone! Cut squash in half and scoop seeds out of center. Run fork lengthwise along the inside of the squash to form "spaghetti", and scoop gently onto plates or into shallow bowls. When veggies are done, remove steamer tray from pot. (Save broth for a soup base!) Return vegetables to pot and toss gently with desired amount of sauce, and spoon on top of squash. Garnish with coconut and sesame seeds.

Coconut Lotus Sauce

Besides making China Moon vegetable pasta, you can use this versatile sauce on a stir-fry or as a dressing or dip.

2" piece of ginger root, peeled and sliced

2 large cloves garlic

½ tsp. crushed red pepper flakes (adjust to desired heat) ½ cup Bragg's Liquid Aminos (or more to taste)

2 Tbs. toasted Sesame Oil

2 T flaxseed oil

¼ cup water, carrot juice, or vegetable broth (optional)

Real Salt to taste

Unsweetened coconut milk (I prefer Thai Kitchen) to taste Blend first three ingredients in food processor or Vita Mix. Add Bragg's and blend until smooth. Pour into jar, add oils and coconut milk, and water and shake. Thin with water, carrot juice or vegetable broth if desired. Store in refrigerator.

Variations: for Thai lotus sauce, add juice of one lime, 2 T fresh or 1 t Dried lemongrass, 1 T fresh or ½ t dried basil and chopped fresh cilantro if desired.

For basic lotus sauce, omit coconut milk and increase flaxseed oil to

¼-1/3 c.

For lotus dressing, to ½ c basic lotus sauce add ¼ c lime juice, 1 ½ c flaxseed or untoasted sesame oil, ½ carrot (optional) and ½ sweet onion (optional), and blend until smooth.

For Indonesian Dipping Sauce, to ¾ c. basic lotus sauce add 1 c almond butter, ¼ t crushed red pepper (or to taste), and ½-1 c unsweetened coconut milk to reach desired consistency.

***North African Bean Stew*Serves 4-6**

Donated by Lisa El-Kerdi

Besst in Show in the pH Miracle Recipe Contest held by the InnerLight Foundation, July 2003.

This rich and exotic stew is sure to spice up any gathering. Serve with Moroccan Mint Salad (following). This recipe would be good to raise

blood sugars.

1 ½ cups uncooked 7 bean and barley mix (or any mix of dried beans), soaked overnight, rinsed, and drained

1 bay leaf

1/8 tsp. cinnamon

4 cloves garlic

2 onions, quartered
4 carrots cut into chunks
4 stalks celery, cut into chunks
1 large or 2 small eggplant
Real Salt
1 red bell pepper
1 yellow bell pepper

1/2 tsp. turmeric

1 tsp. coriander
1 tsp. cumin

1/2 tsp. cardamom

1/8 tsp. black pepper
1/8 tsp. cayenne
3-4 cloves garlic, pressed
2 or 3 yellow squash
2 or 3 zucchini
4 chopped tomatoes or 1 box Pomi chopped tomatoes
1 tsp. real salt
Olive Oil

Cover beans with 2 1/2" water in large pot and add bay leaf and cinnamon. Bring to boil and skim off foam. Reduce to low heat and simmer, covered, for 30 minutes. Chop garlic, onions, carrots, and celery in food processor. Add to beans after 30 minutes cooking. Simmer until beans are cooked, 1-1 1/2 hour. Cube and generously salt eggplant. Let sit 1/2-1 hour. Chop peppers. Rinse eggplant and squeeze out juices. While eggplant is salting, sauté spices in olive oil. Add to beans. Add eggplant and peppers. Simmer 1/2 hour. Cut squashes in half lengthwise and slice. Add to stew. Simmer 10 minutes. Add tomatoes and salt to stew. Simmer 10 minutes. Adjust salt to taste. Ladle into deep bowls and top each serving with 1 Tbs. Olive Oil (or to taste).

Spicy Kale Slaw Serves 4

Donated by Deborah Johnson

2nd place for Alkalarian recipes, in The pH Miracle Recipe Contest, held by the InnerLight Foundation

1 ripe avocado, seeded and peeled
2 cups peeled cubed jicama
Juice of 1 lime
1 scoop soy sprouts powder
1 Tablespoon UDO's Choice Oil

1/2-teaspoon Real Salt or to taste.

Place all of the above in a food processor or Vita Mix and blend until smooth, stop machine.

While above ingredients are still in processing bowl, add the following in order given:

1 carrot, washed and cut into 1 inch pieces
3 kale spines, cut into 1-inch pieces
1-1½ jalapeno pepper, depending on how hot you like your food. 1 tomatillo, peeled and quartered

1/2 tsp. mustard seeds

3 kale leaves (remove spine and cut into 1-inch pieces, add with carrot layer) tear leaf portion into large pieces.

Process, just until all ingredients are chopped to desired consistency.

If using a processor pulse and scrape bowl. If using a Vita Mix use tamping tool, do not over process. This is a good lunch for one or a great side dish for two.

Fantastic Kale Serves 4

Donated by Wendy J. Pauluk

Kale is a calcium rich chewy dark green leafy vegetable. It is good juiced

or in the raw salad below.

1 bunch Kale

¼ cup Olive Oil

1 small Red Onion

1 Red Bell Pepper

Juice of 1 lemon

The Zip seasoning

Tear Kale into bite-sized pieces. Do not use center stem. Slice red onion and red bell pepper into thin strips and add to kale. Add olive oil and toss. (You may add more or less depending on size) refrigerate overnight in covered bowl. Add juice of 1 lemon and Zip seasoning to taste before serving.

Super Stuffed Tomatoes Serves 2-4

Donated by Frances Fuji

This beautifully presented recipe would help raise blood sugar levels.

6 medium-sized tomatoes

1 cup (dry) black beans

2 pkg. firm tofu

2 lb. Swiss chard, coarsely chopped (may substitute kale, spinach, beet greens or other preferred leafy green vegetable)

2 cups (uncooked) wild rice (or use ½ brown and ½ wild rice) 4

cloves garlic diced

1 medium onion diced

Bragg's liquid Aminos

Vegetable seasoning salt (I like Herbamare)

Macadamia Oil

Udo's Choice Oil or Olive Oil

Soak black beans overnight. Put in medium sized pot, add 2" water, and bring to a boil. Simmer of 1 hour or until tender. Can use whole or slightly mashed. Season with seasoning salt and set aside. Cook wild/ brown rice. Set aside. Lightly sauté onions and garlic and Macadamiz Oil. Add greens and small amount of water and steam-fry until just tender, about 5 minutes. Season with Bragg's Liquid Aminos and set aside. Lightly sauté tofu in same pan and add

seasoning slat to taste. Scoop out tomatoes. Dice scooped out sections and set aside. Bake hollowed-out tomatoes at 300 for 5-10 minutes to warm. (Do not over-bake or the tomatoes will get too soft). On individual serving plates, create a bottom “ring” of wild rice, with a second ring of seasoned black beans on top of it. Place a hollowed tomato in the center of the double-decker ring. Sprinkle tofu cubes around on top of the beans/rice at the base of the tomato and stuff the tomato with greens (spill greens to overflow the top of the tomato if desired). Sprinkle the raw diced tomatoes on top of the greens, drizzle a little Udo’s Choice or Olive oil and serve. Note: If you like garlic, you can mix in roasted garlic to the warm cooked brown rice before serving.

Rubio’s Burrito Serves 1

Donated by Robio

This burrito would make a great meal anytime... even for breakfast. It would also help to raise low blood sugars. You can add or subtract and cut/slice/dice the items listed below to your own specifications. This recipe is so versatile, and you can add your own spin on it every time to make

it delicious and entertaining.

1 sprouted wheat, spelt, or grain tortilla organic refried beans

1 avocado

Herdez Salsa (hot, medium, or mild)

Lettuce

Tomato

Green Pepper

Jalepenos

Onions

California white Basmati Rice seasoned with Spanish spices

(optional) Place the refried beans directly down the middle of the tortilla, then add the other toppings as you like. Fold like a taco or roll up like a burrito.

Energizer-Alkalizer Breakfast Serves 2

Donated by Susan Lee Traft

This breakfast keeps you going strong and feeling awesome for several

hours.

¼ cup chopped Red Pepper ¼ cup chopped Onion

1 clove of minced Garlic

About 2 cups of mixed veggies (such as Swiss Chard, Broccoli, Green Beans, Pea Pods, Zucchini, few slices of carrot. etc.)

1 to 3 Tbs. of golden fl ax seeds (ground in coffee grinder.. tastes like bread crumbs)

1 Tbs. of Udo's choice Blend Oil

Bragg's Liquid Aminos to taste

Bring water to a simmer under steamer basket in pot. Add Red Pepper, Onion, Garlic and mixed veggies all at once into steamer basket and cover. Lightly steam (no more than 5 minutes).

Immediately remove veggies from heat and put into salad bowl. Add Oil, ground Flax Seed and Braggs. Mix well.

Coconut Curry Salmon Chowder Serves 4

This a sweet, rich dish that would help to raise blood sugar levels 1 lb. Fresh Salmon

1 tsp. Real Salt

1-2 tsp. Garlic Herb Bread Seasoning (Spice Hunter)

1 yellow onion

8 stalks celery

6 carrots

2 cans coconut milk (I use Thai brand)

½ tsp. !Thai Green Curry Paste (I use Thai brand)

1-2 pkg. powdered Stevia (I use the Stevia with fiber) (if using straight Stevia, then use much less)

1 cup fresh coconut

½ tsp. vanilla (I use Frontier brand with no alcohol)

1 cup fresh peas from the pod (optional)

1 cup fresh Spinach (optional)

Sprinkle fish with some Real Salt and Garlic Herb Bread Seasoning and steam fry or use some grape seed oil and fry until cooked through but still moist. Cut into small bite size pieces and set aside. Cut the onion, carrots, and celery into bite size chunks, and put into a soup pot and steam until bright and chewy. (do not over cook). Add the coconut milk, green curry paste, vanilla, and stevia and stir to mix. Add Salmon. Take

1/3 of the whole ingredients and puree in blender and then return to the soup for a thick colorful base. Add fresh peas from the pod and/or fresh spinach towards the end if you like, and warm before serving.

Steamed Fish and Greens Serves 4

1 lb. Fresh Salmon, Trout, or Red Snapper filet with skin on

1 Tbs. fresh ginger cut in thin slices or grated

1 cup yellow chives

½ cup green chives ½ cup cilantro

4 cups fresh Kale

2 Tbs. Braggs Aminos

½-1 cup fresh coconut water (sweet) taken from a fresh coconut (I use a clean screwdriver and a hammer to make two holes into the top of a coconut and pour the water out into a measuring cup. Then I break open the coconut with the

hammer and a sharp meat cleaver to get to the fresh coconut meat.)

Real Salt to taste

In a non stick fry pan, lay fish, skin side down, and steam fry with the lid on until the fish is cooked through but also moist. Half way through, take the lid off and sprinkle the fish with Real Salt and Garlic Herb Bread Seasoning (Spice Hunter). When the fish is done, take out on a plate and set aside. Take the skin of the fish and discard but leave any oils from the fish in the pan. Place the thinly sliced ginger in the oiled pan and cook until the ginger is browned. Add all other ingredients except cilantro and steam in the pan with the lid on until bright green and softened. Add the fish and the cilantro back in and steam one or two more minutes before serving.

Veggie Tofu Loaf Serves 6

This is a colorful and nutritious way to enjoy Tofu at any meal or even snack time. It's great steaming hot from the oven or sliced cold or broken up over a salad. Use the firmest Tofu type for best holding results. I use Nigari brand Extra Firm. For a binder, I use Mauk Family Farms Wheat Free Crusts, a blend of gold and brown flax seeds, sesame seeds and sunflower seeds, with garlic, onion, celery seed, red bell pepper, parsley, sea salt and pepper, dehydrated at 105 degrees, and process them in my food processor until they are a powder consistency. The flax, sunflower, and sesame seeds add extra flavor and healthy fats.

1 lb. Firm or Extra Firm Tofu

½ to 1 tsp. Real salt (or to taste)

5 tsp. Mexican Seasonings (Spice Hunter)

2 tsp. Vegetable Rub (Spice Hunter)

4 tsp. Sun Dried Tomatoes minced (Melissa Brand packed in Olive Oil)

½ Red Bell Pepper diced

2 Tbs. diced celery

2 Tbs. diced soaked almonds

2 Tbs. Raw Wheat Free Crusts, ground to powder (Mauk Family Farms) Use the food processor to dice all ingredients that need dicing. Then place all ingredients in food processor and pulse chop until well mixed. Place on a grape seed oiled pan and mold into a loaf or two smaller loafs, about 2 inches in height. Brush some Grape seed oil over the top of the loaf and sprinkle !e Zip over the top. Bake at 400 for 20-30 minutes or until lightly browned on top. Serve warm or let it chill over night. Slice and serve cold.

Variation 1: Garlic Veggie Tofu Loaf.

1 lb. Extra Firm Nigari Tofu

½ tsp. to 1 tsp. Real Salt

2-4 roasted cloves of garlic

2 Tbs. Dehydrated Veggie Granules [is that the generic name you would use?]

4 tsp. diced celery

4 tsp. diced red bell pepper

2 Tbs. ground Raw Wheat Free Crusts

Sprinkle Garlic Herb Bread Seasoning over the top

Variation 2: Buckwheat Veggie Tofu Loaf

!e binder for this variation is raw buckwheat flour. Grind raw buckwheat in your blender or grinder to make this flour fresh

1 lb. Extra firm Tofu

6 tsp. Veggie seasoning (spice Hunter)

6 tsp diced celery

3 tsp red bell pepper

3 tsp. diced sun dried tomato

5 tsp. Garlic Herb bread seasoning

½ to 1 tsp. real salt

3 tsp raw Buckwheat ground to fl our

Top the loaf with 2 tsp. ground Raw wheat free crusts (reference above).

Variation 3: Basil Veggie Tofu Loaf 1 lb. Extra Firm Nigari Tofu

½ to 1 tsp. Real Salt

4 tsp. diced celery

4 tsp. diced red bell pepper

2 Tbs. vegetable seasonings (Spice Hunter)

4 tsp. ground fl ax seeds

4 tsp. ground soaked almonds

6-8 tsp. fresh diced Basil

Sprinkle Garlic Herb Bread Seasoning on Top.

Variation 4: Quinoa Veggie Tofu Loaf

1 lb. Extra firm Nigari Tofu

1 Tbs. of Pesto Seasoning (Spice Hunter)

2 Tbs. diced celery

2 Tbs. diced red bell pepper

4 tsp. minced sun dried tomato (packed in Olive Oil)

1 heaping Tbs. of Quinoa ground flour (grind in your blender) Oil and place dehydrated veggie granules on top (the Spice House)

Can't Get Enough Eggplant Serves 1-2 Recipe donated by Myra Marvez 1 eggplant olive oil

Celtic salt

Finely chopped onion, size chosen according to taste and size of eggplant(s).

Roast eggplant on open fire till it is mostly cooked. Cool and Peel all burned skin o". Chop eggplant into small pieces. Finely mince the onion. Place eggplant in bowl, add onion, olive oil, salt, and mix well.

Cherry Tomatoes AvoRado Style Serves 2-4

This is a great appetizer or hors d'oeuvre, or it could be served as a salad course.

1 pint cherry tomatoes

Juice from 1/2 lime

1 Avocado

1/2 tsp. dried onion

1 Tbs. minced cilantro

1/8 tsp. Zip seasoning (Spice Hunter) (use more if you like extra spicy) 1/8 tsp. Real Salt

dehydrated vegetable granules (Make your own or buy them) Slice tomato tops off and use a melon ball spoon to scoop out seeds and pulp of tomatoes. Drain on paper towels upside down. In food processor with an S blade add remaining ingredients and pulse chop into a well mixed chunky consistency. Fill tomato shells with mixture and sprinkle dehydrated veggie granules on top. Serve chilled.

Doc Broc Stalks-Coyote Style

When Dr. Young first tried this dish, he thought he was eating fried potatoes! I love it when I can fake him out! The even better news is that this taste treat is actually made of broccoli. Even my 15 year old Alex (our perpetual transitional boy) always asks for seconds and thirds of these. 6 long broccoli stalks peeled and sliced thin about 1/8 of an inch. 1 yellow onion sliced thin and chopped
2 Tbs. grapeseed oil

1/2 to 1 cup Creamy Tomato Soup (see recipe below)

1-2 tsp. Garlic Herb Bread Seasoning (Spice Hunter)

1-2 tsp. Seafood Grill & Broil Seasoning (Spice Hunter)

1-2 tsp. Mesquite Seasoning (Spice Hunter)

1/2 tsp. ground yellow mustard

1-3 tsp. Soy Parmesan (alternative) cheese (dairy free) I use
Soymage Vegan Parmesan

Place sliced onion and sliced broccoli stalks pieces in a non-stick fry pan together and steam fry for few minutes until onions and broccoli heat up and steam so they slip and slide around the pan. Add the Grape seed oil and stir veggies on high heat while they brown and become somewhat roasted. Once they are evenly fry roasted, turn down the heat to low and add ½ cup of the creamy tomato Soup (more or less depending on how much sauce you want in with your stalks, you can always add the other ½ later). Then sprinkle in seasonings to coat the stalks and onions. Stir well to distribute all the seasonings evenly. Last sprinkle in the amount of desired Soy Parmesan and stir once more to mix well.

Creamy Tomato Soup Serves 2

Donated by Gladys Stenen

4 Roma Tomatoes (or equivalent)

2 green onion tips (about 1 inch of white/light green part)

¼ green pepper

1 cup vegetable broth

1 avocado or ¼ so\$ tofu package

1 tsp. sea salt

pepper to taste

Liquefy in blender. Heat just to warm.

Doc Broc Brunch Serves 6

This is a hearty Deep Green dish that has plenty of crunch with the broccoli stalks and soaked almonds added. Perfect for a brunch or side dish. 1 yellow onion

2 cloves fresh garlic

3 large heads of Broccoli

1 lb. of young green string beans

1 small bowl of soaked almonds

Grapeseed or Olive Oil

Real Salt to taste

Trim and peel Broccoli stalks. Then cut Broccoli into bite size pieces. Trim and break green beans into bite size pieces. Lightly steam Broccoli and Green Beans until bright green. In a food processor, pulse chop the onion and garlic until fine, set aside. Put soaked almonds into the food processor with an S blade and pulse chop into almond slivers. In an Electric Fry Pan, Place oil and add onion/garlic mixture and sauté for a few minutes. Add steamed Broccoli/green beans and stir fry to mix in with the onions and garlic. Add slivered soaked almonds and continue to mix well. Put lid on electric fry pan and continue to steam for a few minutes longer if softer veggies are desired. Add real Salt to taste.

Doc Broc Casserole Serves 4-6

1 pkg. Smart Ground by LiteLife (soy protein substitute)

Florets from 2 large bunches of Broccoli (save leaves and stocks out, peel and clean stocks)

1 small bunch of fresh Basil or Tarragon stemmed and minced 1 cup so\$ Tofu

1 tsp. ground mustard seed

2/3 cup Olive Oil

1-2 cups roasted or soaked and re-dehydrated almonds for topping
Real Salt and Spice Hunter's the Zip to taste.

Steam Broccoli with a little water in a covered pan for about 4-5 minutes until Broccoli is bright green and just crisp/tender. In a food processor, process the broccoli leaves and stocks until very fine (scrape down sides if necessary). Then add the soft Tofu, mustard, basil, into the food processor with the fine broccoli mixture and process. With the processor running, slowly add the Olive Oil until mixture is well emulsified and creamy. In a large Electric Fry Pan, heat a small amount of Oil and add the Soy Smart Ground, crumble it up and fry it for a couple of minutes, then add the steamed broccoli and pour the creamy sauce from the processor over the top and stir in well. Use roasted slivered or dehydrated almonds and cut them up into small bits in the food processor for extra crunch...then sprinkle over the top of the broccoli mixture and serve. Or return the lid to the fry pan and steam the mixture a bit to soften the almonds and broccoli more. Add Real Salt and the Zip to taste.

Mary Jane's Super Simple Spaghetti. Serves 2. Donated by Mary Jane

Medlock 1 medium spaghetti squash

2 medium ripe vine tomatoes chopped

Juice of one small lemon

1-2 cloves of fresh garlic minced or chopped

2-3 Tbs. of olive oil

Fresh ground pepper

1/4 teaspoon of oregano

Cut spaghetti squash in half (clean out seeds). In a baking dish put spaghetti squash (facing down) in a 375 degree oven. Bake for approximately 45 minutes or until done. Let cool for about 5 minutes. Using fork, scoop out the spaghetti squash into a bowl. Add the remaining ingredients and toss. Eat warm or cold.

Juicing Recipes 349

Chapter 26 Juicing Recipes for The pH Miracle for Cancer

By Shelley Redford Young

I have added new recipes for this book and many new juicing recipe to make this book a great addition to the pH Miracle Trilogy. I write some blurbs before each recipe section to introduce it and explain why these recipes are used in the case of cancer imbalance in the body. We include information about different juicers and promote the Kordich one and the Pro-grind one that does almond milk.

FRESH JUICING

Fresh juicing, especially from green leafy vegetables is an all-important step in regaining one's pH balance in the blood and tissues. Chlorophyll rich vegetables help boost the red blood cell production, which takes place in the gut. When we extract the juice from the fiber of the vegetables, it becomes quickly absorbed and utilized in the body. There are many combinations and variations of fresh juicing recipes here. Use these as a base and then experiment with what you like best. We serve fresh green juices made from

cucumber, celery, parsley, kale, lettuce, spinach, Swiss chard, rainbow chard, asparagus, zucchini, bok choy, collard greens, fennel and cabbage mixed with fresh silky almond milk every morning for part of our breakfast. These green juices can be taken anytime of the day to keep the body alkalized, hydrated and nourished. Add lemon, lime, garlic, seasoning salt, real salt, pHlavor Salt, turmeric, or ginger to taste for extra phytochemical power against cancerous conditions. Carrots, beets, and coconut water are not included in these recipes because of the higher sugar content. Place all ingredients in a juicer, strain if necessary and drink immediately. Add nut and seed milks to mellow and cream up the green juice and make it into GREEN MILK, always a favorite at the pH Miracle Center.

Basic Green Vegetable Juice Serves 1

2-3 stalks celery

1 cucumber

2-3 large kale leaves

4-5 large lettuce leaves

2 cups spinach

1/4 cup parsley

Red Ruby Grapefruit Juice

Juice of Red Ruby grapefruits can also be used as a fresh juice, just as lemons and limes can also be juiced. Their low sugar content makes this possible, and they can be mixed with any nut or seed milks and some cinnamon sprinkled on top. They can also be used in any of the pH Miracle shake recipes (to follow)

Veggie-Grass Juice Serves 1

3 oz. celery juice (2 large stalks)

1/2 oz. parsley juice (5 sprigs)

1 1/2 oz. wheatgrass juice

Cuke-grass Juice Serves 1

1 English cucumber

1oz. wheatgrass juice

Sprouted Greens Juice Serves 2

4 cups alfalfa or micro greens sprouts

4 cups sunflower and buckwheat sprouts 1 cucumber

1/4 cup parsley 1/2 -1 oz. wheatgrass juice

Garden Green Juice

4 cups sprouts

4 cups green tops (beet greens etc.)

2 cups kale or collard greens

1 cup celery juice

wheatgrass juice to taste

Spring Green Juice

Serves 2

4 cups mixed sprouts (sunflower, alfalfa, mung bean, pea, broccoli) 4

cups greens (spinach, kale, romaine, spring mix, cabbage, parsley)

1/2 cup arugula (dandelion greens) 1/4 cup scallion

Brussels Bean Juice Serves 1

3 oz. Brussels sprouts

3 oz. green beans

6 oz. lettuce (green leafy, butter leaf, romaine)

Green Cress Juice Serves 2

6 oz. spinach

2 oz. lettuce (any green kind)

2 oz. watercress

2 oz. green peppers

Green Milk

Serves 2

1 English cucumber

4 cups spinach

¼ cup parsley

4 leafs Kale (or any other green leafy lettuce or vegetables)

Fresh Silky Almond Milk (or any combination of nut or seed milk: sunflower seed, sesame seed, pine nut, macadamia, fresh coconut, hazelnut, pecan, walnut etc.)

Make fresh green juice and pour into glass. Mix half and half, or whatever percentage you prefer, with almond milk. Stir and drink immediately. I prefer 90fl green juice and 10fl almond milk (like a creamer in the green juice.) Optional: Add ginger, lemon, turmeric, cinnamon, pHlavor Salt, Real Salt, Real Seasoning Salt, or cayenne pepper to taste.

GRASSoup

Serves 2

Juice of two cucumbers

Fresh Silky Nut or Seed Milk

Coconut milk made from alkaline water mixed up with coconut meat (no coconut water please. Its too sweet)

Mix in equal amounts and add fresh dill shavings on top.

You could also put some red ruby grapefruit juice in this to sweeten it just a bit.

All Veggie Cocktail Serves 2

1 pt. fresh tomatoes

½ tsp. garlic

1 cucumber
1 green pepper
1 bulb fennel
Sprigs of fresh parsley

¼ onion, sliced

2-3 lettuce leaves

½ tsp. ginger

Cabbage Refresher Juice Serves 2

3 kale leaves
1/3 small bunch of cilantro
1 cucumber (I use English)
1 green pepper
1 head green cabbage
2-4 radishes

Rainbow Greens Juice

2 cups spinach
2 cups romaine lettuce
2 cups rainbow chard

½ inch piece ginger

1 cup sunflower seed sprouts

½ micro greens sprouts

Red Chard Green Juice Serves 2

3 cups red chard
2 & 1/2 cups celery
3 cups spinach

2 cups kale

Mellow out with nut or seed milk

Green Goddess Juice Serves 2

1 head green cabbage 1 stalk fennel

1 cucumber

6 beet green leaves 1 head romaine lettuce *Add salt to taste*

Spicy Green Juice Serves 2

5 leaves Swiss chard 5 leaves collard greens 1 head green cabbage

1/2 inch piece of ginger 1/2 tsp. turmeric

Salt to taste

Greensparagus Juice Serves 1

1 cucumber

1/2 bunch Kale

10 spears asparagus

1 lemon

Salt to taste

Almond milk to make creamy **Green Dream Juice** Serves 1-2

1 head green cabbage

3 kale leaves

6 spears asparagus

2 stalks celery

1/2 bulb fennel

Serves 1

1 head romaine lettuce

6 stalks celery

1 cucumber

2 large tomatoes

½ inch piece ginger

Pinch of garlic

pH flavor Salt (liquid salt) to taste

Green Salad Juice

CauliGreens Juice Serves 2

1 head cauliflower

2 dozen Brussels sprouts

2 radishes

1 head green cabbage

Real Salt seasonings salt to taste

Cilanterrific Juice Serves 1

3 stalks celery

½ bunch cilantro

1 green bell pepper

1 bunch spinach

1 English cucumber

½ head green cabbage

1 tomato

Garlic and onion salt (by Real Salt) to taste Add hazelnut milk to mellow and cream up!

Dandy-Juice Serves 1

1 bunch dandelion greens

1 bunch kale

1 head green cabbage

Lemon or ginger to taste

Salt to taste

Hot Rocket Juice

Serves 1

1½-1 chili pepper (go easy on this, light at first, add more if desired)

2 heads romaine lettuce

1 bunch arugula

½ bunch kale

Add almond or macadamia milk to cream and mellow out.

Baby Green Juice Serves 1-2

1 pkg. baby spinach

3 heads Bok Choy

1 cucumber

1 zucchini

½ head green cabbage

1 head romaine lettuce

Celeryouth Juice Serves 2

1 whole head celery

1 head romaine

1 head green cabbage

1 pkg cherry tomatoes

Lemon and salt to taste

pH Miracle Case Studies 357

Section 7: pH Miracle Case Studies

A few of the thousands of case studies of people who have benefited from the pH Miracle for Cancer.

Chapter 27 Selected Case Studies

Hundreds of thousands of people have experienced the miracle.

CASE 1: JUNE W Breast Cancer

As we have discussed, the breasts are a depository for dietary and metabolic acid from the blood that are not being properly eliminated.

Let me share a letter sent to me. As you read this letter, I invite you to consider your situation or an individual who is having a similar challenge, anywhere in the body.

In June 2005 my wife had cancer in the right breast: surgery, microcalcification and then a lumpectomy of a 2.7-millimeter tumor. She had an oncoDX DNA test and the score said she had a low chance of recurrence. We started the alkaline program and continue it today. We've both had tremendous improvements in our health. February 2006, instead of yearly mammograms, we asked for a sonogram. Nothing showed up, but was talked into a mammogram, and they found a microcalcification in her left breast. Based on the information I could find, we refused a needle biopsy and more mammograms. Of course, the doctors thought we were crazy, but said they would monitor her. We asked for an MRI, but I found out that they use a toxic metal, gadolinium, for contrast for the digital images.

So we don't know what to do at this point except follow the pH program. It's not that I doubt that it works because it makes more sense than anything I've come across. But it's a serious matter. Kim is my soul mate and wife for 23 years. pH has been good. Morning urine, 7.5 to 8 Saliva decreases from 7 down to 6.5 I'm not sure why. We're taking a colon cleanse product and probiotic per microscopists suggestion. I'm not sure it that has anything to do with it. Later during the day pH is 8 to 9 saliva 7 to 8. Recently, we attended the cancer control society seminar and had our blood tested.

The microscopist was very impressed with our blood and asked us what we were doing. He said he'd never seen a couple with results

that were so identical. He did find some yeast in my wife's blood so we were trying to fine-tune the program along with his suggestions. pH miracle doing Real Salt, magnesium 800 mg, sodium bicarbonate, glutathione, zinc, vitamin DEB complex and high energy multivitamin, juicing greens and green mix and exercise.

Here are my questions: 1) What would you recommend for your wife if she was in our situation? Would you do a needle biopsy or more mammograms? 3) Is it necessary to monitor her calcification and breast? 4) She now does blood work every three months. Is that good enough?

Here is my response: What would you recommend for your husband if he were in a similar situation? Would you do a biopsy some other type of prostate test, like a PSA test? Is it necessary to monitor calcification in and around the tissue, the bladder or otherwise. Does having blood work done every three months help, is that enough?

We understand the foundational principle of what cancer is, cancer being not a cell, but a liquid waste product of metabolism, of cell transformation, as energy is being consumed. As cells break down, as food breaks down, acids are created. And these acids are highly toxic and come in over a thousand different compounds. We are familiar with some of these compounds—like ethanol alcohol, lactic acid, uric acid or nitric acid.

If these toxins are not properly eliminated through urination, perspiration, respiration or defecation, then the acid catchers—the connective muscle tissues—uptake these toxic acids to maintain and preserve the integrity of the blood which is the most important organ of the human body. The blood has to be maintained at the delicate balance of 7.365 at the cost of all other tissue. This is a flowing, living organ, and without it there would be no life.

We can measure these fluids daily. In your letter, you talk about pH. Just like the ocean has ebbs and tides, we find that during the afternoon, particularly around 2 p.m., our pH is at its highest. In a 24-hour period, the pH is at its lowest at 2 a.m. So, at times in the

afternoon the pHs are running 8 and 9; earlier in the morning, the pHs are running in the 7s and 8s; and in some cases, the salivas even get down into the 6s. It's critical that we maintain our pH of all of our fluids – saliva, sweat, and urine. Even our defecations should have a pH of 7.2 or better. We can monitor these fluids during the day. It's more difficult to monitor the pH of the blood, and it's very much constant. This is why it's not part of a traditional blood chemistry test. Any variation, moving from 7.365 and up indicates the body is in preservation mode. When we're doing a test in the case of cancer, we need to ask our doctor that they do a pH test of the blood. If the pH is in the 7.0 or above range, we are in a state of tissue acidosis—the body is in preservation mode.

Generally, when we have adequate reserves, a person who has cancer will show an increase in the pH; when we're in a serious degeneration, we'll see the pH drop into the 5s. This is an indication of tissue acidosis. So, as the pH of the blood moves up, that is an indication that the body is in preservation mode. This will also be indicated by the pH of the urine, which will also show in the 5s. We need to move that pH up as quickly as possible because the urine is not an indicator of the blood pH but an indication of the tissue pH—the elimination of the toxins coming out of the tissues that are being urinated out from the blood. We need to monitor that. The ideal pH of the urine is 7.2 or better. If we have any cancerous condition, we have a diagnosis of cancer, a systemic problem that localizes at the weakest part of the body, not a localized problem that metastasized.

We can inexpensively monitor the pH at home. If we're seeing anything less than 7.2, then we can use alkalizing doses of the four power salts— sodium bicarbonate, potassium bicarbonate, magnesium bicarbonate, and calcium bicarbonate—to begin the alkalizing process. If you take a scoop of sodium bicarbonate or ask a compounding pharmacist to put together a mixture of equal parts of sodium and potassium bicarbonate, then you can take about a teaspoon or two of the mixture and put it in 3 to 4 ounces of distilled or purified water and drink it. Within 30 minutes your urine will go from a state of acidity to a state of alkalinity. You should also begin

the hydration process. After you have 3 to 4 ounces, follow that up with your green drink to continue the hydration as you begin to saturate your tissues like a sponge with alkalinity.

When the body is in preservation mode, you want to saturate the tissues with alkalinity so that the microcalcification doesn't just end up in the breast—what precedes the cancerous tissue and the formation of fibrous materials that cross link to form the tumor as a protective mechanism to protect the healthy tissues from fermentation of acid, which is the cause of tissue breakdown.

The major contributed tissue fermentation breakdown is our own waste products that have not been properly eliminated. As the body goes into preservation mode, it pulls calcium from the blood, calcium ions from the bone to help neutralize or buffer these metabolic acids in order to protect the body from spoiling. This is why you find microcalcifications on the breast. There's no problem with microcalcifications on the breast. No one's ever died from microcalcification in the brain or the breast or in the prostate for that matter. But they do die from acids tenderizing and fermenting and rotting, so the body goes into preservation mode to neutralize those.

Microcalcifications are an indication that we are in a state of latent-tissue acidosis—nothing more, nothing less. There's no need to do further testing. We already know that the signs are there. We can know that through testing. We can know that through sonograms and seeing—less harmful than mammograms or MRIs or cat scans which use radioactive isotopes that poison our bodies with radiation or radiated sugar which provides even more acidity, more toxins that the body has to deal with. Once we have these symptomatic markers, perhaps a PSA, the doctor usually wants to do a biopsy. But there's no need for a biopsy. It would be like opening Pandora's box disturbing the tissue. The body is in preservation mode—the increase of specific antigens in the blood. Whatever test we're doing is an indication that our body is in latent-tissue acidosis. And we need to begin the alkalizing process. This is also substantiated with a pH of saliva and urine or sweat or bowel eliminations that are less

than 7.2. As we begin the alkalizing process, we can see the changes that will take place.

What would I recommend if my wife seeing microcalcifications? I would allow the body to continue to do what it's doing but support it with an alkalizing lifestyle and diet. The focus is not in treating the tissue but changing the lifestyle and the diet.

This natural approach is a better approach than chemical therapy or radiation because radiation or surgery is focused on the tissue not focused on the environment. You can take off the right breast of the woman, but you still have another breast, into which the body can throw acids which can then throw the body into preservation mode forming microcalcification; and in the case of brain cancers, brain microcalcifications always precede the fermentation of the tissue and the tumor.

We don't need any tests to determine this is cancerous or non-cancerous. It's the body protecting in its perfect way trying to protect itself from our own lifestyle and dietary choices. We are experiencing the consequence of choice and indulgence. For someone who has been in a state of imbalance, there's no going back to an inverted way of living and thinking to protect themselves from having a recurrence.

So, what would I suggest to my wife? Begin the program 100fl with no variation as it pertains to those foods that are alkalizing—never cross the line into the acidic foods. (listed in *The pH Miracle for Everything* and *The pH Miracle for Weight Loss*). These books include everything you need to know about the physical, emotional and spiritual aspects. There's no need for biopsy, or for mammograms; however, there is a great need for change and getting different results.

To monitor our health, we don't need more cat scans, MRIs or mammograms. What we need is to monitor the pH of the fluids. As far as the blood test, we want to do a CEA to monitor these acidic markers (antigens) that show up in the blood. This is an indication of tissue acidosis and the body needs more alkalinity.

I've never seen a case where those markers are not reversed, if not completely eliminated, if one is willing to do this 100fl . All cancerous tissue is curable—but not all patients are curable because they won't do what it takes to bring the body in balance. They won't give up the tobacco or the glass of wine, or the coffee, tea, the gogi berry, the chocolate—whatever it is that's keeping the person from extraordinary health and vitality. They're not getting up to the 6 liters of green drinks. They are not monitoring the fluids of their body every time they urinate. They're not monitoring their saliva five minutes before they eat, five minutes after; and they're not monitoring the blood regularly to ensure they are moving in the right direction. And they are not moving from FEAR (False Evidence Appearing Real) to Faith, the first attribute in thinking healthy. Faith heals, fear kills.

To prevent any cancerous state of the body, including the breasts, you must maintain the body's alkaline design through proper elimination of dietary and metabolic acids. We do not get old—we mold. My recommendation is to eat at least 9 to 12 servings of *Alkaline fruits and vegetables* like avocado, cucumber, tomato, lemon, lime, peppers, broccoli, spinach, celery, parsley, kale, collard greens, just to name a few. The formula for cancerous breasts or healthy breasts is very simple: 1) Acidic lifestyle and diet = acidic or cancerous breasts. 2) Alkaline lifestyle and diet = healthy and energetic body and healthy alkaline breasts.

There is only one cause of ALL sickness and dies-ease and that cause is the over-acidification of the blood and then tissues due to an inverted way of living, eating and thinking. And if there is only one cause of ALL sickness and dies-ease then there is only one treatment – alkalize and energize the body with green foods, green drinks and green living. Remember when you are green you are clean, and, the human organism is alkaline by design but acidic by function. Maintain the alkaline design and live a life full of health and energy.

CASE 2: SUSAN

Stage IV Non-Hodgkin's Lymphoma

“Nothing can stand against our God. Whatever you face in life, if you will just hold your peace and remain at rest, God promises He will fight your battles. He will make a way even when you don’t see a way.”– Joel Osteen

Last year was not my favorite year. In fact, it was very challenging. Without the Lord it would have been impossible. But with Him all things are possible.

I had always been extremely healthy, ate organic food, did not use toxic ingredients in household products, did not take any medications, had an optimistic attitude, and I was an athlete. But I started to feel very ill. I was collapsing in the morning when I tried to get up and I began drinking coffee several times a day to increase my energy level so I could work.

In 2012 unfortunately I was diagnosed with Stage IV Non Hodgkin Lymphoma. I was completely shocked. When the oncologist recommended chemotherapy and said that this could be managed like a chronic disease, I asked him if a healthy immune system could fight it off. He laughed and said it was impossible. I was surprised. He seemed so sure that numbers on a lab report and what he read in a textbook meant the same thing for every single person on the planet. What the doctor was pronouncing was not my life. Words have power. It was with words that God spoke Creation into existence. I felt like someone was trying to speak into existence a life for me, which was not mine. This is not what God wants for us. He wants us to be happy and healthy and free. Set free by the sacrifice of His son, Jesus Christ who died for our sins so that we would be set free from suffering and death. By His stripes I am healed. I put my complete trust in the Lord God, who is the ultimate healer. I stand on His Word.

I started to build up my immune system and detoxify my body immediately. I ordered as many books as I could find on lymphoma from the library to help me learn about the science of the disease- how it is manifested within the system of the body on the macro and microbiological levels as well as traditional and alternative

treatments and their effectiveness. The books gave me a quick basic understanding of lymphoma and approaches to treatment. However, in order to get the most up to date information and read traditional and alternative medical research studies from top universities I needed to use the Internet. Alternative medicine isn't just an alternative anymore, it's modern medicine. Universities are researching the usage of plants and traditional herbs and medicines to treat cancer and other illnesses, and finding that they work. On the Internet I read many testimonials from people who had been cured of cancer through natural means. Most of the people who had been healed and remained cancer free juiced and followed a vegan diet.

I started to search for someone who put it all together, who could tell me why I got cancer, even though I was previously healthy and how I could heal my body. I felt that if someone didn't understand how I got the disease, they surely couldn't help me completely get rid of it. Through the grace of God I found out about Dr. Young's pH Miracle Program. Dr. Young's program combines a nutritional approach of juicing, blending, and supplements to alkalize and nourish your body; sauna and other means to detoxify; and exercise to strengthen and encourage new healthy cells to grow.

I also relied on my faith like never before, and began to read the Healing Scriptures out loud so that my mouth proclaimed the glory of God's healing power, thanking Him for his divine intervention. For music therapy I listened to Gregorian and other Christian chants and sound therapy CDs from the library. I also used visual imagery. I exercised several times a week.

Although I was athletic, the tests and the bone marrow biopsy at the hospital initially left me so weak and ill that I could hardly walk around the football field of the local high school. I told myself I needed to walk around it five times, then ten times. I tried to run around the track, and every thud, thud, of my foot on the surface reverberated through my body with such pain that I had to grit my teeth. I could force myself to run a quarter of the way around.

When I started Dr. Young's Juice Fast, I began feeling much better within two weeks. I met Dr. Young at a seminar he was holding, and asked him many questions about the pH Miracle Program. I consulted with him every month throughout my recovery. I am so grateful to him. He truly is an amazing person, in addition to being brilliant at what he does.

My diet consisted of juiced and blended vegetables for five months, with two plates a day of avocados, tomatoes, and cucumbers, Dr. Young's supplements, and additional vitamins and herbal supplements. After five months I started to use a vegan protein powder and added additional alkaline solid food to my diet, although I continued to juice and blend every day for seven more months.

I read many research papers and information about vitamins, herbs, and anything that would bring my body back to health. I did not want to have any more CT scans, so I researched alternative ways of determining my progress. I decided to monitor it through regular CBC and cancer marker blood tests at my family doctor's office and I took other blood tests regularly to make sure that everything was ok. My protein and calcium levels were always within normal range. When I went back to an oncologist a year later the lymphoma tumor was gone. Three months later the WBC was normal. My current oncologists are top doctors in the world and they support the approach I've taken because it's worked. One said he has never seen anything like it.

I am currently juicing or blending every day and eating as normally as anyone else would, except I eat food that is alkaline. I look healthy, and I am healthy. In fact I'm getting healthier every day. Thank you Dr. Young.

Note: For the sake of privacy, Susan is not her real name.

CASE 3: OLIVIA

Breast Cancer

Note: This case is taken from an unsolicited testimony of a young woman from London, England who embraced the pH Miracle

Lifestyle and Diet and reversed her diagnosed conditions of Thalassaemia, Ulcerated Colitis, and Breast Cancer. This testimony is an example of millions of people who are now dis-ease free, drug-free and living a life of health, energy and vitality because of the pH Miracle Lifestyle and Diet.

Dear Dr. Robert O. Young,

My name is Ulviye Ozevlat (Olivia). I am 42 years old mother of two and living in London, UK. From the age of about 17 I had low hemoglobin/ low iron levels in my blood. I felt extremely fatigued and wanted to sleep all day.

My Doctor put this down to the fact that I was a Thalassaemia genetic trait, which is described as a blood disorder affecting hemoglobin. I was prescribed iron tablets in the form of Ferrous Fumarate 210mg. I took these tablets for about 7 years but the health of my blood did not improve. I still felt very tired, unwell and dizzy all day.

In 1995, I gave birth to my second child and soon after giving birth I was diagnosed with Ulcerative Colitis which is a condition described as inflammation of a part of the large intestine accompanied by stomach pains, extreme urge to go to the toilet with mucous and blood in feces. I had this condition for about 14 years. On average I had a flare up of ulcerative colitis 2 to 3 times a year and when it came on it would last between a week and three weeks. I was prescribed Mesalazine 400mg (5-aminosalicylic acid) tablets, initially 4 tablets working up to 8 tablets depending on the severity of colitis at the time. I had to go to 6 monthly appointments to have regular check-ups at the hospital, routine blood tests and colonoscopies. My health did not improve following my doctor's drug treatment protocol.

My partner, Mehmet, has always commented on how the doctors were only trying to control the disease rather than aiming at creating health. He practices Hypnosis and NLP (Neuro Linguistic Programming) and he was an expert in Human Nutrition as he was preparing to undertake a PhD in Alternative Medicine. Mehmet always argued with my doctors for their lack of knowledge and understanding in nutrition. He was very familiar with Dr Robert O.

Young's work. His life revolved around health, psychology and biochemistry but he had a special connection with The PH Miracle and always talked to me about it. He loved to research and he gave a lot of credit to Dr. Young's The New Biology. In Mehmet's words: "No other scientific explanation on Human Biology can even come close to making a true sense as that of The New Biology." He was giving seminars on the Alkaline Diet and he was very busy helping people to lose weight, stop smoking and generally coaching them to re-claim their health.

In July 2009 I was diagnosed with Breast Cancer and underwent lumpectomy on my left breast. It was described as an aggressive grade 3 tumor. It was 17 millimeters in size. My oncologist advised me to have chemotherapy and radiotherapy but I told them that I wanted to think about it. They agreed and booked an appointment 2 weeks later.

This is when my life began to change. I came home, sat down with Mehmet and told him that I was ready to embrace The pH Miracle protocol. I believed that my body was clogged up with acids, toxins and debris and that was the cause of my health challenges. I went on an alkaline green juice diet for 7 days. I juiced everything from cucumbers, spinach, celery, red peppers, and green peppers. Mehmet taught me how to detox correctly and safely taking correct blend of herbs and alkaline supplements. I felt so ill I could not explain but I knew that my body was healing so I continued the alkaline diet.

After a week I introduced solid foods but they were all green alkaline vegetables. I gave up coffee, chicken, beef, dairy, bread, potatoes and rice. It was difficult, but I began to get use to it. I soaked almonds overnight to have them as snacks the next day. I started sprouting different seeds at home and used these as my snacks and in salads. Anything alkaline I was on it. I was drinking around 3 to 4 liters of pH Miracle green drinks a day with PuripHy pH drops. I added in The pHour Salts to increase the Alkalinity. Mehmet showed me how to test my urine for acidity using pH Hydrion paper and

explained to me how the acids in the body corrode our cells and tissues.

For the first time in my life, despite being diagnosed with breast cancer and having had debilitating ulcerative colitis for 14 years, I began to feel better and set myself a date to give up my Mesalazine tablets (for U.Colitis), and I did. It has now been over 3 years without medication for Ulcerative Colitis. In the last 2 years I only had a flare up just once (normally this would be 4 to 6 times) and it was a lot milder than before.

My oncologist still encouraged me to do chemo,' 'Never' I said! He said that I was making a big mistake. I said that I had never felt so healthy in my life before so I was not prepared to go ahead with it. Mehmet tried to explain Dr Robert Young's principles to the oncologist and his team but they just did not want to listen. I told them that I would take Tamoxifen but in fact I have not even touched it once!

I still continued with the diet and testing my urine pH daily. I was eating broccoli and avocado for breakfast! We got rid of refined salt and replaced it with Real Salt. I use pHlavor Salt sprayed into my mouth 10 to 15 times a day, powerful anti-oxidant Glutathione, anti-bacterial colloidal silver, alkaline Montmorillonite clay, N-Acetyl Cysteine, Co-enzyme Q10, Organic liquid chlorophyll, Aloe vera, Psyllium Husks, pH Miracle pHlush as an internal cleanser and lots more (too long to list here).

It has now been four years and no chemo, no Tamoxifen and no Mesalazine for Ulcerative Colitis for three years.

I still have my regular check-ups with my consultants: for Ulcerative Colitis and for breast cancer. My consultant for Ulcerative Colitis believes that my success is to do with taking my medications regularly. Little he knows that I have not touched those medications for 3 years! I feel that I will have to reveal the truth to him one day because he may find out if he reads this. He might have a paradigm shift when he does find out! He might well listen and give some credit to the PH Miracle and Dr Robert O. Young.

I have never felt this healthy in my life before! Mehmet monitors

everything I eat, drink and do. All my supplements are specially prepared and there is zero iron in them except which it occurs naturally in Montmorillonite clay. My Hemoglobin has improved from all time of 8.0 g/ dl (very low) to around 10.5 g/dl and that's without *iron tablets* and this is all credit to Dr Young's good work and advice. I realized that I did not need those acidic medications and iron?? No, No, No! Three years ago I met lovely Dr Young in London and we had a meal together: Yes, you are right the meal was all vegetables, yummy! He told me that he was impressed with what I was doing. I don't remember a time in my life when I had not felt dizzy in the mornings or had not felt extremely tired during the day. That is all in the past. Three years without medication for my Ulcerative Colitis? Absolutely! The irony of it all is that I meant to be on medication for the rest of my life! Yeah right! As for my breast cancer, well my attitude to life has changed. People who come to our house to visit us, at first they expect a low-energy atmosphere. Absolutely not! People get shocked when they visit us. Health is everywhere - all around us, there is positive energy everywhere and people comment on it. And it is contagious because people want to do the things we are doing.

Lots of people contact us for information on this new journey that I have proudly chosen to travel. Some people refer to this as a diet. Well it is not! It is a new pH Miracle lifestyle where your diet, thoughts, beliefs, actions and expectations are in alignment with the natural laws of the universe. That is why you feel at ease and at peace when you are on the pH Miracle Lifestyle.

Dr. Young, you truly have changed my life. God Bless You, Olivia

CASE 4: INGRIT VAHER

Hodgkin's Cancer

My name is Ingrid Vaheer. I am 31 years old, and I have experienced something amazingly beautiful. It completely changed my perception towards my life and health.

In December 2008 I was diagnosed to have Hodgkin's disease (lymphatic cancer), which had already developed to the second stage. My doctor recommended that I start a month long

chemotherapy treatment immediately and continue after that with radiation treatment. As per the doctor this was the only possible treatment for this aggressive disease. Knowing about the disease shocked me, even though a part of me wasn't surprised at all. During my life I had already suffered from sugar addiction, gradually increasing weight, sleep and eating disorder and mood changes. Additionally, during my adulthood I suffered from strong depression, which I wasn't able to beat even after several attempts. I hated myself for it and I didn't appreciate my life.

After the diagnosis I felt great compassion towards my body. I remembered stories about people recovering from "incurable" diseases. I knew that I wanted to try the same. I decided not to start chemotherapy, at least for now. I believe that the mind and the emotions can affect the body and it is this belief that gave me courage. I knew that I was responsible for my sickness and I hoped that I could also heal it myself.

Luckily I had already read Dr. Robert O. Young's book and learned about pH balance theory. Immediately after the diagnosis I went for live blood microscopy. When I saw the microscopic pictures of my blood cells I decided to start the 21-day-long purification treatment using Innerlight products, developed by Dr. Robert O. Young. During the first week I was worried and afraid that the tumors in my throat were growing too fast, which would mean that I wouldn't have time to see the effects of the treatment and I would have to go for chemotherapy or surgery anyway.

During the second week, the worst symptoms—such as weakness and vomiting

Feeling—were away giving me more hope. During the third week I felt so much better that I knew I would heal by natural means without chemotherapy. During the third week I felt better than ever in my adult life. The sugar addiction and the sleep disorder that had lasted for years were over. Despite the gloomy circumstances I felt well balanced, happy and grateful. My friends started asking me the reason for my beautiful and healthy looks.

Three months after the diagnosis I asked for a whole-body scan. The doctors were surprised to see that the cancer was gone! Of all the tumors only two little dots remained. I knew this because of how I felt, but still it made me happy to know that my recovery was so fast. My Hodgkin's Lymphoma Cancer was reversed in three months!

Throughout my life I've got to know different kinds of diets and natural products. The alkaline way of life and the Innerlight products are the only ones that helped me get rid of all my ailments including cancer. I'm grateful to Dr. Young for giving me new life, which I am happy leading in an alkaline way.

CASE 5: RICHARD ADGO

Prostate Cancer

I would like to share with you my story as to how I became involved with The pH Miracle Living Center in Valley Center, California, owned and operated by Dr. Robert O. Young and his wife, Shelley.

In January 2003, my osteopath noticed a mole change on my back. It was bleeding so he suggested that I should see my GP the next day. This I did and my GP took the mole out and sent it away for a biopsy. Two days later I received a phone call from my GP asking me to come and see him. My GP told me that the biopsy proved malignant, suggesting that I should make an appointment to see a plastic surgeon.

My wife and I went to see the surgeon three days later. I was told that I had melanoma—an invasive form of cancer. The doctor recommended that I have surgery, which I did. After surgery I was told I would have to have three monthly checkups to make sure the cancer was not spreading. Four months later I felt a lump under my left armpit, so I returned to the surgeon to find out that I would have to have my lymph nodes out. A week later I had the surgery, and the doctor recommended me to the oncology department. At this point I had met a lot of people with this condition and the outlook was not bright. It was then that I decided to take charge of my own health.

My wife had bought Dr. Young's book Sick and Tired. I saw it around the house so much that I kept turning it over so that I would not see it. That's how depressed I was. I couldn't see the forest for the trees. Soon after that, Karen, my wife, booked both of us on a flight to the U.S where I attended a pH Miracle Living Retreat at the pH Miracle Living Center, in Valley Center, California. It was a five-day Retreat, and it was full on from day one, learning and understanding the New Biology(R).

After only a few days I started to feel a lot better, with more energy and a lot less tired. I had not fallen asleep at all during the day even through all the lectures. I was on my way up. What a great feeling. But a major change in diet and a complete lifestyle change were ahead of me. Dr. Young had given me the tools to look after myself, and it was up to me now to make it happen.

It has been over six years now and I have never felt so good in all my life. I rarely get anything like a cold or flu, aching joints, headaches, or feel depressed. The pH Miracle is exactly what it says it is, just that. Thank you Dr. Young and Shelley. I feel that with the help of all the people like my wife and my GP and my surgeon, Dr. Young and Shelley, I am still around to share this story with you. So do not close any doors when you are in such a situation. Take all the avenues and take charge of your health. Do not be told by anyone that you can go home and get things in order (go home and die). Do what I have done and believe in the New Biology(R). Make those lifestyle and dietary changes and get on the Young pH forever pH Miracle program and give it your best and honest shot. Do not blame someone else for your condition. Get on with life, as I have. Become a pH Miracle. Get on the Doc Broc Greens and the pH four salts, and the pH flavor salts and the pH flush salts and the puripHy salts. It is called the COWS pack (order it at: <http://www.phmiracleliving.com/p-383-young-phorever-cows-starterpack>).

All the best and have an alkaline pH Miracle day

Richard Adgo, New Zealand

PS I highly recommend you go to a pH Miracle Living Retreat. It will

change your life.

CASE 6: SZILVIA KOVACS

Breast Cancer

Hello! I am Szilvia Kovacs from Hungary and I would like to thank Dr. Young, the father and developer of the pH Miracle. I was diagnosed with a tumor in September 2008, and then I had an operation and underwent long treatments.

After all this my doctors and some alternative practitioners basically gave up on me. They said I would probably die within a relatively short period of time and that I would be suffering up until the end. My doctor, who did all he could, encountered things in my case that he could not really do anything about. Although since 2008 he was doing a lot, there were things he was not able to change at all.

Then I decided that after trying countless methods I give myself one more chance to my health, my life and myself. I chose life and I said yes to it. So I contacted Dr. Young in March 2010 and we met for one week. He showed me the method he uses to heal and did treatments on me. After arriving home I continued them with incredible results. I received the first treatment on the 29th of March and did it for two more weeks at home. I had a test on the 4th of May and all my tests were good, the results were all negative! I feel fantastic! I need very little time for rest. Foods have changed, finally

I can really taste them! My thoughts are clearer and I am much calmer and more balanced. I can thank all this to alkalizing. I must say that all my life and everything has changed around me. Thank you!

Watch and listen to Szilvia's YouTube video testimony:

[http://youtu.be/gta1HHslQ3Y?](http://youtu.be/gta1HHslQ3Y?list=PLE6xKC88KA_tj_NzuXYSMSgkoZ-tya4-ta)

[list=PLE6xKC88KA_tj_NzuXYSMSgkoZ-tya4-ta](http://youtu.be/gta1HHslQ3Y?list=PLE6xKC88KA_tj_NzuXYSMSgkoZ-tya4-ta)

CASE 7: CINDY WHEATCRAFT

Inflammatory Ductal Cell Carcinoma

On April 9th, 2009 I was diagnosed with Ductal Cell Carcinoma of

the right breast. Medical doctors found it in a routine mammogram. I had no symptoms and could not feel the lump until they pointed it out to me. I had not been feeling well for a couple of years though. I was only 47 years old when I was diagnosed and had been thinking that my metabolism was just slowing down. I was also struggling with heavy blood flow during my menstrual cycle, which they told me was due to 2 large fibroid tumors and anemia. I have also been dealing with Irritable Bowel Syndrome for most of my life after being diagnosed in 1999. At times I have been disabled from this condition.

I own a Healing Center in Ohio and I started working with a Tom Frazier who had been studying Dr. Young's work for around 10 years. He came to work with me about a year and half before my diagnosis, so I have been learning about Dr. Young and the work he was doing. I started experimenting with the Dr. Young's pH Miracle diet. I was also saying to myself, "I wonder what it will take for me to do this lifestyle and diet 100fl ." Watch what you say to yourself!

Just before starting the pH Miracle lifestyle and diet 100fl I found out that there was something remarkable on a routine mammogram that needed to be checked into. I was advised to have a digital mammogram. They showed me a mass in my right breast on the x-ray. The doctor then did an Ultra Sound, and I could tell that something alarmed her. She called in the radiologist and I could tell by his face that I had cancer. They did a needle biopsy. That all happened on a Thursday. When I suspected that I had a very aggressive breast cancer with very low survival rates, I immediately started doing research so when I got the official results on Monday I would be ready. The Doctors called me on Monday and gave me the bad news. I was diagnosed with Ductal Cell Carcinoma—a very aggressive, fast growing/fast spreading cancer. The breast cancer surgeon said that I needed to have the mass taken out along with some lymph nodes. The oncologist said that I need follow-up radiation and chemotherapy for at least 5 years.

After much prayer, soul searching, meditation, contemplation and research

I decided not to have the cancerous mass or the lymph nodes taken out. I also decided not to undergo the radiation or chemotherapy. I decided to follow Dr. Young's pH Miracle alkaline lifestyle and diet 100fl from the pH Miracle book.

I officially started on the pH Miracle diet on April 13th. I found out on August 28th that I was cancer free! That's right! No tumor or mass or inflammation of the breast or the lymph nodes. I saw Dr. Young in June when he came to New York City during a two-day pH Miracle Retreat. He did a live and dried blood cell analysis and saw the cancerous breast condition and also saw that this cancerous condition started in my body 15 years before. I immediately started thinking back to what had happened to me 15 years earlier. That was when I got divorced, which was a very traumatic event in my life! I was totally amazed that Dr. Young could see physical and emotional stressors in my body from 1 drop of blood.

Dr. Young also told me that I needed to switch to a "Juice Feast" for 12 to 16 weeks. I started only drinking juiced green electron-rich alkaline vegetables and blended vegetables (energy soup). It was not easy at first, but then my body and mind shifted and started thriving on this live, electron-rich, alkaline food. My IBS, that I had suffered with for years went away immediately and completely. My menstrual bleeding has lessened and is more normal, so I have noticed that my fibroids are healing.

My Mom and my son Tyler are doing the pH Miracle lifestyle and diet with me too. People come up to us all of the time asking, "What are you doing? You are all glowing." People have been commenting to me routinely about how great I look, how my eyes are sparkling, and how young I am looking. This diet is truly the diet for anti-aging!

On August 21st I went for a thermography test (thermal imaging) of my breasts. They sent the results to the doctors at Duke University and it came back that I no longer had Ductal Cell Carcinoma breast cancer in my right breast. When they did the needle biopsy of the tumor they left a titanium marker in the tumor. The thermal Imaging detected the titanium marker but there was no cancer tumor around the marker or anywhere else in my right breast or upper part of my body. The tumor vanished! It was gone for good! I have not felt this good in years, and actually, I have never felt this good!

As a child, I was always complaining of stomachaches.
Thank you Dr. Young! Your expertise, your life's work and the time
you spent with me saved my life!

Cindy Wheatcraft
Hiram, Ohio
cindylee761@wheatcra\$.net 216-346-1894

CASE 8: SIMON HODSON
Prostate Cancer and Hepatitis C

MRI, Biopsy, Ultrasound, and Blood tests determined prostate
Cancer diagnosis for this patient. The following conditions were
found: 1) Prostate cancer – 3 lesions 2) Hepatitis C 3) CMV 4)
Arteriosclerotic plaque 5) High Bilirubin 6) High C-reactive protein 7)
High cholesterol 8) High PSA 9) High Gleason score 10) Low
testosterone

Duration of treatment: April 2012 to November 2014
These were a few of the first pictures of live and dried blood taken
from the patient in April of 2012. The patterns of the live and dried
blood were consistent with prostate cancer showing several
polymerized protein pools in the center of the coagulated blood.

After 6 months of following the pH Miracle Protocol his live blood
showed incredible improvement with normal healthy blood. The dried
blood showed a reduction in polymerized protein in the center of the
coagulated blood indicating improvement in the health of the
prostate. On November 2014 his live and dried blood shows no
indications of malignancy. Live and dried blood showing the normal
healthy profiles.

Results: October 2014 biopsy, MRI and blood tests showed that all
conditions of prostate cancer with 3 lesions, Hepatitis C and CMV
reversed. Also, the current blood report of November 2014, showed
normal cholesterol, sclerotic plaque gone, normal bilirubin, normal

CASE 9: DR. BOOTH DANESH, MD
Prostate Cancer

Dr. Booth Danesh, MD, PhD., Gastroenterologist, shares his healing experience on The pH Miracle for Cancer after 14 days at The pH Miracle Living Center

[http://youtu.be/K4nDQr3hSs8?](http://youtu.be/K4nDQr3hSs8?list=PLE6xKC88KA tj_NzuXYSMSgkoZ-tya4-ta)

[list=PLE6xKC88KA tj_NzuXYSMSgkoZ-tya4-ta](http://youtu.be/K4nDQr3hSs8?list=PLE6xKC88KA tj_NzuXYSMSgkoZ-tya4-ta)

CASE 10: DEBORAH TUMLINSON

Inflammatory Ductal Cell Carcinoma Cancer and Weight Loss

Watch and listen to Deborah's YouTube testimony: http://youtu.be/WF0vfv m4qUI?list=PLE6xKC88KA tj_NzuXYSMSgkoZ-tya4-ta

CASE 11: CATHERINE LIVINGSTONE

Metastatic Breast and Lymphatic Cancer

Watch and listen to Catherine's YouTube video testimony:

[http://youtu.be/uM4yKnSQVas?](http://youtu.be/uM4yKnSQVas?list=PLE6xKC88KA tj_NzuXYSMSgkoZ-tya4-ta)

[list=PLE6xKC88KA tj_NzuXYSMSgkoZ-tya4-ta](http://youtu.be/uM4yKnSQVas?list=PLE6xKC88KA tj_NzuXYSMSgkoZ-tya4-ta)

CASE 12: MATANUKU

Prostate Cancer

I visited a doctor 18 months ago because of a concern that I had about the color of my sperm (which was brown), a rectal exam was done, this proved that cancer was present, a blood test showed a PSA of 66, which was pretty high, a CT scan showed that the cancer had metastasized to my pelvis and other areas of bone.

I refused chemo, radiation treatment or an operation this giving only one option at the time, Hormonal treatment. I was put on a regime of three monthly injections of Zoladex (this clouds the pituitary signal for the testicles to produce testosterone, apparently!) My PSA dropped to 1.3, so on with normal life supposedly. Three months ago my PSA jumped to 3.9. I promptly made an appt with my urologist. Seeing him 2 months ago, being given another hormone retardant and being told that the average lifespan for me (I'm now 51) was 2 years and I had already used up some of that time.

A rough time after that until a friend who is battling with Breast cancer told me about PH Miracle Lifestyle and Diet, gave me a

number for a person, Richard Adgo (an exceptional friend now) who does Nutritional Microscopy (live and dry blood analysis). A quick phone call, a 2-hour drive, a 1-hour flight, an evening and a morning with Richard the important decision made, to become a PH Miracle Man.

Now I have stopped all medications, transitioned, and did a 10-day cleanse that ended up being 14 days because I enjoyed it so much. I did all of this while still working fulltime, cooking Shelley's great alkaline meals, juicing, sprouting, and infrared sauna.

I FEEL GREAT!!!! My PSA is now 1.9 and going down. I definitely know where I am going.

I NO LONGER HAVE PROSTATE CANCER!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

The battle has been won!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

The pH Miracle Lifestyle and Diet is also the greatest weight loss plan that I have ever come across. I went from 100kgs to 78 kgs in under a month. Richard gave me a very important message – JUST GET ON WITH IT.

My wife is now into the 7th day of the pH Miracle Whole Body Cleanse. Her blood analysis is in 3 weeks.

The decision just has to be made and owned. Onward and upward. Matanuku.

CASE 13: LINDA CLARK

Melanoma Skin Cancer

No one ever wants to know the depths of despair one feels when their doctor tells them they only have a year to live. That is what I experienced on May 1st 2008 when a 4.5 cm tumor was found in my liver and ten 5mm nodules in both my lungs. Previously, in 2007 I had chemo, radiation & extensive surgery to remove a leiomyosarcoma that had invaded my pancreas and although they said they 'got it all,' it was obviously not the case.

Our family was desperately seeking alternative treatment options, when we were referred to you, through my daughter. It was as though you dropped right out of heaven. You gave me hope when my oncologist gave me hopelessness. I started drinking 4 liters a day

of your pH Miracle water and adjusted my diet to eliminate highly acidic foods the end of May. I had already had one chemo treatment (May 24) by then and drinking the pH Miracle water eased the terrible after effects. I had one more treatment after that (mid June) and decided to stop. The Oncologist wanted me to have 6 treatments (to try and buy me a few more months). I am sorry now that I did any chemo treatments at all and my family doctor does not believe that the two treatments were at all effective.

As I continued drinking the high pH, pH Miracle water, I felt my strength and energy coming back. In mid July I had a chest X-ray and an abdominal ultrasound. This was after approximately 45 days on the pH Miracle water. The results showed the tumor in the liver to be 4.3cm and considering that I had tests done in Jan 2008 and it showed nothing there, the tumor was growing at a rate of over a cm a month, so we know it grew at least another cm during the month of May, before chemo or the pH Miracle water. My Dr. agreed in actuality that the tumor had shrunk over one cm. The Chest X-ray showed 'nothing'. No nodules at all... which my Dr. said meant regression or 'gone'. Words cannot express the relief I felt.

Your pH Miracle water has been my lifeline and I continue to feel better and stronger every day and I look forward to my next tests in Sept. I know this is working and I know that because of this pH Miracle water, I *will* be cancer free.

With much love and immense gratitude,
Linda Clark

CASE 14: INGER HARTELIUS

Metastatic Lung Cancer

Summer 2011 I went to the doctor for a health check. I'd been feeling tired and had lost a lot of weight. I ended up having an x-ray, to see if there was anything wrong.

They found a spot on my left lung and I was sent for a Biopsy. On the 21.st of July 2011 they told me the tumor was cancer and there were traces in the lymphatic system around the area.

I do not smoke and I am known as the person in the family who is very conscious about eating healthy food — so nobody could explain why I'd got lung cancer.

The doctor who'd informed me about the results said I should have radiation and chemo. After my family and I had received the diagnosis about the spot in my lung we began searching for ways to help cure me without radiation and chemo.

My son and daughter in law had a book "Cancer is not an illness" by Andreas Moritz. Some of my friends gave me the book: "You die from cancer. And the earth is flat". These books contained a lot of information both about research and peoples experiences from all over the world — including traditional and alternative ways to help people with cancer.

I knew when the diagnosis was given to me that I'd never go into a traditional treatment. I would rather die from the cancer.

The doctor was very surprised. He'd never had anyone who'd said no to his suggestion. He told me that I'd probably be very, very ill within a year. The nurse who was looking after me after the consultation (because I was crying) advised me to put my life in the hands of the doctors. They knew what the best form of treatment was for me.

Even though I was prepared I was in shock.

But I was lucky I had my family around me.

My son had heard about Dr. Robert Young and his live blood tests by Anthony Robbins — so after trying to find support in Denmark my daughter decided to write to Dr. Robert Young. We found his ideas about alkaline food combined with the focus on the blood very useful. And we also liked the fact that we could get support from someone who had a tool to look at the constitution of the body instead of focusing on the cancer.

Initially it was our intention to find someone in Europe who was taught by Dr. Young. However we changed our minds. Wednesday the 3rd of August 2011 my daughter wrote an email to Dr. Young, Thursday we got an answer and a phone number and phoned the

pH Miracle Center. Saturday the 6th of August my husband, my daughter, my son, my daughter in law and I arrived at the pH-Miracle Center.

This was the first miracle. Being there was wonderful — though I was in a special state we enjoyed every second at the center. I often thought: “Am I dreaming?” — some days before I’d thought I was going to die. Here I was in Paradise instead of at a hospital. And I became inspired and believed I wasn’t going to die after all from this cancer because I had the power to build a healthy and strong body. At the same time we all learned about the pH Miracle lifestyle. How we can keep our blood alive and healthy, how we can eat to keep our pH high, how we can understand why cancer shows up in a body, how we can cook healthy food plus a lot more.

On top of this we were surrounded by caring men and women and happy children — many of them with a personal story about how The pH Miracle program had changed their lives.

So I left the Ph Miracle Center believing in and trusting the program. In Denmark Dr. Pernille Knudtzon who is an ordinary doctor and trained by Dr. Young followed my progress with new blood tests which showed how my blood changed for the better — exactly as Dr. Young had told me it would.

At home I have been:

- Eating alkaline food
- Drinking 4 liters of Greens, and green milk every day
- Exercising every day – running on the beach
- Sitting in my infrared sauna
- Jumpling on a rebounder
- Using a nebulizer
- Practicing yoga every week

And to this I have had:

Lymphatic massage and reflexology and talked with a psychologist and coach nearly every week to keep my mind focused on the positive choice, I have taken.

Sometimes when I feel it is hard work to do all this — I compare this

with what I would have experienced if I had radiation and chemo. My health is now much better than it was before, I sleep at night, my weight is stable, my lung capacity has grown — I feel so much more alive — which is hard to explain. I have no signs that I'm sick with cancer and now I know I am not going to die of this cancer. I think about how lucky I am. I have my family around me — supporting me — and my family and I had the chance to learn about this special approach for keeping the body in balance. I am so grateful that I met Dr. Young and that he had time to support us and teach us about the program of the pH Miracle. Watch and listen to her YouTube video testimony:
http://youtu.be/ybyPOBfr7HQ?list=PLE6xKC88KA_tj_NzuXYSMSgkoZ-tya4-ta

CASE 15: SIMON COLEMAN

Renal Cell Carcinoma

In September 2012 I was diagnosed with stage 3 unclassified metastatic renal cell carcinoma, a rare and aggressive form of cancer with median survival times of 4.3 months. I refused the chemotherapy and drug trial and avoided the excessive diagnostic radiation. I regretfully had my right kidney removed; unaware at the time that surgery does not cure cancer and would have no effect on my prognosis. I can testify that had I known what I later discovered, I would not have removed my right kidney.

Instead I chose to fight my disease naturally. In my research I discovered the PH Miracle by Dr Robert. O. Young with his guide to alkaline foods and the correlation between disease and acidosis. It became quite clear that my diet pre-cancer was nutrition deficient, toxic and acidic. After surgery I made a radical shift in my diet removing every processed food, sugar, dairy and meat along with every other conceivable carcinogen I could find.

I began to juice organic alkaline vegetables such as Kale, Broccoli, all the leafy greens and many others using the PH Miracle as a guide. I added wheatgrass into my routine along with increased omega 3-6-9 oils via hemp seeds and flax seeds. I also increased

my fruit and nut intake consisting of organic lemons, unpasteurized almonds and apricot kernels, whilst taking many other alkalizing steps.

Pre-cancer I was obese at around 240lbs. With the radical change in diet I quickly shed the excess fat and stabilized at my normal weight of 180lbs. Within a very short period of time I began to reclaim my health. In January of 2013 I received the results of my CT scan and was given the all clear. The key to recovery was knowing that my body would heal when given the correct nutritious, alkaline diet.

I sit here today never healthier than at any other time in my life and can testify that the pioneering work done by Dr Robert. O. Young and his PH miracle guide helped saved my life. Without this book I would not have gathered and verified the research in such a quick and timely lifesaving manner. This book in my opinion is an essential tool in any cancer fighter's toolbox.

CASE 16: STEVE MOOR

Skin Cancer

In early April I went to a dermatologist and a biopsy was performed in two different areas on my back and forehead and I was diagnosed with skin cancer and was told I had to have surgery and/or radiation. I went on to see an Oncologist at Florida Hospital highly recommended to me and was told the same thing. I was a little freaked out since I had lost my best friend, the godfather to my children, a few years ago to the same thing. He had found knots under his armpits and had gone to the doctor and under chemo and several hospitals and treatments later, he was dead in six months and died a horrible death. It was already in his lymphatic system so I guess there wasn't much medical science could do. I had the same symptoms for over 4 months before I went to the doctor. The knots were extremely painful under both arms. I thought I was having some kind of allergic reaction to something. After my diagnosis, I called my son Jason and he hooked me up with Dr. Robert Young in San Diego. They do a specialized blood tests with live and dry blood patterns that shows you on a video screen exactly what condition

your blood is in compared to what is perceived to be healthy, balanced blood. Mine was pretty scary. Dr. Young advised me to change my lifestyle before I decide to let them perform surgery or radiate me. He said I did not have cancer but that I was so acidic from the way I had been eating, drinking, and living all my life and that I was literally urinating through my skin and lymphatic system. He put me on a strict vegetarian diet with no meat or chicken or fowl of any kind and I ate about 3 salads a day with good healthy oils over them. I did have grilled fatty fish from time to time like tuna, salmon, and a few others and even learned to love broccoli. I also drank at least 6 liters per day of an "alkalizing green drink" that Dr. Young invented which is made up of concentrated and low-heat dehydrated wheat, barley, and kamut grasses, different kinds of sprouts, and green vegetables...each liter is the equivalent of eating about 3 pounds of raw and organic green vegetables and it seemed to make me crave green vegetables even more. I noticed in about two weeks the knots all went away under my arms and I started to feel really good. I lost about 25 pounds in the process, over a pound a day! The cancer doctors called me in late May and again a few weeks ago panicking for me to schedule a date for surgery, come in, and "get this cancer taken care of, so I decided to go in and see what they would say. I went in on June 19th and I could tell in the exam that the Doctor looked puzzled. He couldn't find where the cancer was anywhere in my body and kept asking me if I was certain of the location so I told him what I had been doing since the diagnosis in April and asked him if it was possible that I did not have the cancer any longer. I knew what his answer would be before I asked. He told me it was a "medical impossibility" but whatever I am doing, to keep it up, because he could not find any cancer any more...in fact; he couldn't even find the scar tissue from the previous biopsy. He did ask if I wouldn't mind coming back in late August for another biopsy just in case. I could tell he was baffled and I can't tell you what a great feeling that was. I guess now I am one of the over 100,000 testimonials for Dr. Young's "New Biology" and "pH Miracle Living Program". He has a few best selling books out on Time Warner/AOL called "The Ph Miracle" and "The Ph Miracle for Diabetes" and "The Ph Miracle for Weight Loss" if you want some

good reading on what I did for myself. Dr. Young teaches that cancer and sickness of any kind are not something that happens to us from the outside, but rather that it is what we put into our bodies and what we do on the inside and it will appear in areas you are weak from either stress, injury, or genetic predisposition. I was doing skin cancer and I just chose to quit doing it!

You are going to hear a lot about Dr. Young in the near future. He has an incredible near 100% success rate with both Types I and II Diabetes for those that follow his regimen. He has already been on Fox News, CNN, the Early Show, and may make it on Oprah Winfrey this Fall. To good health! Steve Moor

CASE 17: LILIANA GRETZERBROKER

Breast Cancer

Cancer can be eliminated. We just have to change our eating and drinking lifestyle. I had it, in August 2007. Here's my testimony and story:

I was diagnosed with a very aggressive breast cancer on my left side. I was devastated. I began teaching our son and daughter (then they were 11 and 9) how to do some basic skills around the house like cooking, cleaning, and washing clothes. I felt I was out of time to help them with a few simple skills and foreseeing a less than desirable future with my health.

I went to my oncologist who recommended a lumpectomy, followed by chemo, and then mastectomy. Having a history of 3 aunts of breast cancer from my father's side and his loss of stomach cancer...I realized my genes were not equipped to lead me with a longer life span. These were my thoughts.

After the 3rd chemo and feeling so "wrong" about it going inside my body, I decided to do some research. I looked up many things regarding my type of cancer, found a website for Triple Neg, read and compared notes from subscribers in this site, and found that my protocol being equal to others; yet, they were facing metastasis in the brain, lung, and bone cancers.

From there, I decided to look up more information on Triple Neg Breast Cancer, and found a site of scientist comparing two Indian tribes somewhere in the states, possibly Arizona, where one village lived within a mile of “civilization” with an array of fast food restaurants, while the other Indian tribe that lived further away grew and ate vegetables they harvested. The diets being different were also compared. They describe one diet being “alkaline” used by the Indian tribe that ate vegetables had cancer of a ratio of 1 in 1000. The other tribe matched the US population ration of 1 in 4!

So I searched for new key words in my life . . .alkaline foods. After searching many, many websites, I decided to stop at www.phmiracleliving.com. That very date, October 24, was when I decided to end the chemo treatment. I followed the recommendations of the book by Dr. Young, The pH Miracle. I continued with my plan of changing the way I ate and drank food. I learned that cancer is not really a disease; it is simply the body in a very acidic state...and this by the way is TRUE.

This meant I had to replace all acidic foods with alkaline foods. I could no longer drink coffee, or sprite, or even orange juice. I drank green smoothies, juiced green drinks, and drank alkaline water. The first 21 days, I began this journey. After the 21st day of drinking greens, food and water, then I replaced one meal with salads and a very simple lemon, olive oil (salt) dressing.

I tested my urine before beginning this journey and it read a 4 on the pH scale. My goal was to get the urine reading 9. This I told my doctor. And he said it was rubbish! Well, after failing to convince him to do a pH on my blood, then I asked him about the pH of patient in ICU. He said that it was very low: 3-4. At that moment, I decided to make the changes in my life as recommended by Dr. Robert Young. After 2 months, my urine pH hit the alkaline mark! I also had lost close to 20 pounds. I walked every morning. I was in great shape and feeling very good. After 3 months was my surgery, January 2008. I made the decision to go ahead with the surgery. Had I known better, I wouldn't have done it. But I did.

A month later, I went to see my surgeon. He wanted to know from me and asked me, “tests results are great! O” the record, what have

you been doing?" I told him that I had changed my diet, and added exercising to my daily activities. He wanted to know more and I was curious so I asked him why, and he stated that he didn't need to remove any lymph nodes! And the breast tissue had no signs of cancer.

Ok, so like my husband, you may think that it may have been the 3 lonely chemo's that went into my body! Maybe, but what happened to all those women I encountered on the Triple Neg website with cancer spreading to the brain, lungs, and bone marrow? I was expected to take 5 more and to those last 5, I simply said, "no more!" My oncologist couldn't believe what I was saying to her. She told me that I would return in a couple of years. I fired her. In my entire life, I have never had to stand up for myself as I did then against all my family members to say "No to chemo!"

Unfortunately, we don't do anything about our health until something goes "wrong" and we get a label on our forehead like cancer or diabetes, etc. God meant for life to be simple, and humankind is only making things even more complicated with drugs!

Many testimonies are out there to prove how well this kind of lifestyle really works especially for those of us whose body basically said, "Enough is enough!"

I have fallen off track in the last couple of years. My inner voice tells me that I need to get back into it. I have my weaknesses that I deal with daily, and having gained those 20 pounds I had lost doesn't help either.

I have sensations that I know I should not feel in my body . . . things that remind me of when I had cancer.

I believe our bodies are so amazing. God is *amazing*! He has given us the tools we need, and stupid if we don't.

If you haven't already, please do not go the route of chemo. Wait! You have time! This is one of the best alternatives out there. The pH Miracle worked for me and I just wanted you to know that this is not a death sentence. Look at it as your second chance to relive and enjoy life! Kind regards,

Liliana GretzerBroker

CASE 18: IDA KOLADER

Lupus, Cancer, and Raynaud's

Hands NEVER Lie! My Self-Care to a Self-Cure From Lupus, Cancer and Raynaud's

"Hi, my name is Ida Kolader from Amsterdam. It always amazes me that people are so skeptic, almost afraid it seems, about a natural holistic approach to treating and reversing a sickness or dis-ease. And yet, people have complete faith in conventional medical doctors, synthetic drugs, the pharmaceutical industry, chemotherapy and their search for a miracle cure or better yet THE miracle cure.

My Lupus symptoms included severe inflammation of my palms and soles, sometimes so extreme that I could hardly hold a pen or put on my shoes. An acidic symptom my doctors hadn't seen before and couldn't properly manage with medication. I've also had Reynaud's for 10 years, which again is very painful and uncomfortable, so I started wearing gloves to prevent attacks.

Unfortunately, MY medical doctors failed to mention that nutrition and exercise are a huge influence for your over-all health and fitness. Within 2 weeks of transitioning to The pH Miracle alkaline lifestyle diet or what Dr. Robert O. Young calls 'The New Biology' my palms and soles cleared up and didn't hurt anymore. This was the first winter (2013) after 7 years of pain and suffering where I only needed gloves just once! And yes, I know, it wasn't a cold winter but that never really mattered before. I could barely go outside without my gloves. And, I had several pairs lying around the house and in my car just to make sure I always had a pair available!

Below, you will see several pictures of me and my hands. Why? Because my hands tell the story of my healing from Lupus and my HANDS WOULD NEVER LIE!

The first picture is of me in 2007, after receiving the traditional medical treatments for Lupus, including chemotherapy, plaqeunil and monthly IVIG IV's. The second picture is a picture of my inflamed AND PAINFUL hand 1 week before I attended Dr. Robert O. Young's pH Miracle Retreat at the Ti Sana Detox Center, in Como, Italy. The

third picture is a picture of my hand 3 weeks after transitioning onto Dr. Young's pH Miracle alkaline lifestyle and diet following The pH Miracle Retreat in Como, Italy. The fourth picture is a picture of my healthy, alkaline, and PAIN FREE hand taken after my 10th month on the alkaline lifestyle and diet. The last picture is the current healthy and alkaline 'ME' completely free of TRADITIONAL DOCTORS, and ALL BIG PHARMA DRUGS! I AM A LIVING, BREATHING TESTAMENT THAT THERE IS A SELF-CURE FOR ALL SICKNESS AND DISEASE, INCLUDING LUPUS!!

I probably won't win a beauty pageant but I am so freaking HAPPY it doesn't hurt anymore! And, ALL I did was restore my body's natural alkaline healthy state by following Dr. Young's pH Miracle Lifestyle and Diet, HE calls THE NEW BIOLOGY."

ONE LAST THING! Please watch and share my documentary on Lupus with the World so the millions that are suffering from ENERVATION, IRRITATION, INFLAMMATION, INDURATION, ULCERATION AND DEGENERATION can NOW KNOW there is a SELFCURE FOR ALL SICKNESS AND DIESEASE, including LUPUS!!!!!!

Here the links for my two documentaries:

1) The diagnosis and living with Lupus: <https://www.youtube.com/watch?v=z9akaWgWd7M>

2) The self-cure for Lupus: <http://youtu.be/TR75ibj1dkk>
Case 19: Linda Confluents - Non-Hodgkin's Lymphoma

16-year-old Linda, from Colombia, was diagnosed with Non-Hodgkin's Lymphoma. As her life began to spiral into greater bouts of anguish she discovered the pH Miracle. Less than a year later she is healthy and vibrant from living an alkaline lifestyle thanks to Dr. Robert and Shelley Young

Reversing Non-Hodgkin's Lymphoma with the pH Miracle for Cancer:
[http://youtu.be/hCPMvo4YeOU?](http://youtu.be/hCPMvo4YeOU?list=PLE6xKC88KA_tj_NzuXYSMSgkoZ-tya4-ta)
[list=PLE6xKC88KA_tj_NzuXYSMSgkoZ-tya4-ta](http://youtu.be/hCPMvo4YeOU?list=PLE6xKC88KA_tj_NzuXYSMSgkoZ-tya4-ta)

CASE 20: MARISA

Sarcoma Breast Cancer

Reversing sarcoma breast cancer with the pH Miracle for Cancer:

Part I: [http://youtu.be/5ZjaR8nQ2nU?](http://youtu.be/5ZjaR8nQ2nU?list=PLE6xKC88KA tj_NzuXYSMSgkoZ-tya4-ta)

list=PLE6xKC88KA tj_NzuXYSMSgkoZ-tya4-ta Part 2:

[http://youtu.be/JOxPMq-ugAw?](http://youtu.be/JOxPMq-ugAw?list=PLE6xKC88KA tj_NzuXYSMSgkoZ-tya4-ta)

list=PLE6xKC88KA tj_NzuXYSMSgkoZ-tya4-ta

CASE 21: DR AVRIL CAMPBELL DANESH, MD

Breast Cancer

Dr Avril Campbell Danesh, MD, Specialist Oncologist, shares her healing experience on the pH Miracle for Cancer Therapy after 14 days at the pH Miracle Living Center -

[http://youtu.be/4NHKrg0HV08?](http://youtu.be/4NHKrg0HV08?list=PLE6xKC88KA tj_NzuXYSMSgkoZ-tya4-ta)

list=PLE6xKC88KA tj_NzuXYSMSgkoZ-tya4-ta

CASE 22: GLENN STONE

Esophageal and Colon Cancer

Glenn Stone's pH Miracle Story

I was born August 22nd 1956 in Brooklyn, New York as a completely healthy baby. According to my mom at 11 months I spoke a few words and was crawling without any challenges. At 15 months old I had a complete vocabulary and was already walking normally. At 18 months I developed (hosted) baby Roseola and ran a high fever of 104 degrees F for three days straight. During that time the doctors told my parents to place me into cold baths and keep cold cloths on my joints and body several times a day.

After the baby Roseola, for the next two years western medicine tried to figure out what was wrong with me. They labeled me with the possibility of MS (Multiple Sclerosis), Cerebral Palsy, and other neuromuscular diseases. At approximately 24 months old I was walking up a flight of stairs and my mom noticed that I was limping and asked me if I had any pain. I replied: What is pain? My mom explained to me that it was a burning, aching, pulling, stabbing or sharp feeling and I said it was all of those things.

At the age of 3 my mom took me to the Hospital for Special Surgery in Manhattan. She reported to the Dr. that I had pain, inflammation and swelling in all of my major joints. They then recommended a specialist in rheumatology. Dr. Rogu" ordered a Sed Rate and RH-Factor test of my blood. Both were high o" the charts positive. I was then diagnosed me with JRA (Juvenile Rheumatoid Arthritis). The treatment for JRA in 1959 was unfortunately the same as it is now. High doses of anti-inflammatory medication, autoimmune builders, and cortisone.

Also at 3 years of age, the Doctors immediately put me on highly acidic St. Joseph's chewable aspirin for children: 8 at a time, 5 times a day for a total of 40 pills a day. One year later they increased the dose from 8 to 12 pills at a time for a total of 60 pills a day. They continued this dosage until I was finally able to swallow Bayer aspirins and it was 2 of them every 3-4 hours. This later on all proved to wreak havoc on my entire digestive system. At age 5-8 years old they were giving me gold injections, yes that's real gold, one CC of it in the hip once a month. Luckily for me the nurse was really cute but the injection really hurt and took almost a half hour to administer. At about 8 ½ years old we were up visiting my grandparents in the Catskill Mountains in Mountindale, New York after finishing a Passover dinner I complained to my parents that I had a slight bellyache. The slight bellyache turned out to be an appendix that was about to burst inside of me.

After I complained about the bellyache, my mom proceeded to put a heating pad on my belly and giving me milk of magnesia. Unknowingly, both of these remedies made the situation a lot worse. When the pain got worse for me my mom knew that if I complained about it, something was really seriously wrong, due to my high pain tolerance. She called the local doctor and this countryman came in wearing his pajamas and slippers. He proceeded to do a rectal appendix test with his finger and said that the appendix was extremely swollen and ready to burst. My mom paged the doctors at HSS and asked them if we could drive back to the city from the Catskills, which was about a 2 ½ hour drive at night, safely enough

for them to treat me. The doctor in the Catskills told my primary doctors that he felt that I would not make the trip back. My parents agreed to take me to the local hospital where they are really equipped for skiing, hiking and outdoor accidents. My parents were concerned about their ability to deal with an erupting appendix. By the time I got to the hospital the pain had quadrupled and my blood test showing that it was appendicitis. They immediately prepped me for surgery. During the surgery the appendix blew up and I had a drain in the side of my chest for almost 4 weeks. The best thing about this was my Aunt and Uncle drove up that night with Rockem Sockem robots for me to play with at the hospital. Later on western medicine figured out that the gold shots blew up my appendix. That put an end to the gold shots. They then started to put me on cortisone for the inflammation and pain. The cortisone made my body, face, hands and arms look like somebody hooked me up to an air pump and blew me up.

For the next few years' western medicine had been increasing my anti-inflammatory "acidic" medication and cortisols. When I was 10 years old my mom and dad took me o" all the cortisones and for the next few years I continued to take the other acidic medications. Later that year we moved out of Brooklyn to New Jersey so that I could attend school without having to walk up and down stairs with crutches. All of the public schools either had an elevator or were single floor. At age 13 my body went through puberty and the Juvenile Rheumatoid Arthritis symptoms seemed to dissipate but I was left with all of the deformities. For most of my high school years I had bleeding ulcers, continual heartburn and was diagnosed with reflux esophagitis and I had difficulties swallowing. As a byproduct I became anemic. The doctors gave me iron pills, which caused chronic constipation and rectal bleeding. It took three hiatal hernia repair surgeries to alleviate many of my symptoms. I was in intensive care for most of my seven-week stay. The third operation was done by a specialist in Boston who invented the Nissen Wrap. During this time I also had the Gastroenterologist continually dilate my esophagus by inserting mercury filled rubber tubes down my esophagus to keep it open enough for me to swallow food. My doctor

also advised that I drink chocolate and vanilla milkshakes with raw egg for energy and to neutralize the acid in my stomach and esophagus. All this did was create more mucus, more congestion and more health challenges. They kept trying to treat the symptoms instead of getting to the root cause.

Throughout my high school and college years, the Orthopedic Doctors put me on pain narcotics such as Tylenol-3 and Percocet to alleviate my functional pain and inflammation due to the deformities in my body. No one told me at this point that all I needed to do was to take different kinds of healthy oils to lubricate my joints.

At 17 years of age I drove a regular car with no special equipment and in 1974 I attended Rutgers University studying pre-medicine. I dropped out of college my third year because I did not want to be associated with the doctors of the future. I then went on to become an entrepreneur and established my own sound, communications and DJ company. In March of 1982 I met my significant other and soul partner Lori Gilmore and by September 10th 1984. I was engaged to be married.

I brought Lori to my yearly checkup to meet my Orthopedic Surgeon from 1962 to 1986 whose Father pioneered the first total hip replacement in the United States. He recommended two total hip replacements because my hips were locking every time I went to the bathroom or bent over, and to be able to easily perform sexually. I had two total hip replacements and was up walking with crutches in two weeks. I was featured in the New York Times magazine May 5th 1985 in an article titled "Redesigning Human Bones". Both surgeries were performed in record time. Just when I thought I was ready to start my new life with Lori, on the day of discharge a resident Orthopedist working four days straight without sleep dropped me off of an X-Ray table during my final X-Ray and broke the right thigh completely in half. It took five major procedures over the course of one year for me to recover. During one of the procedures they put me into skeletal traction and a full body cast, which caused me to eat and drink laying down which re-aggravated my esophagus. In order

to take me home for the summer in a body cast, Lori had to learn how to give me high doses of Morphine Sulfate injections seven to nine times a day. In 1986 Lori and I made a dream come true by committing our lives to each other and I was able to stand for the entire ceremony.

This is when I met Dr. Young and started making major shifts in my life.

In 1998 I went to an Anthony Robbins seminar and little did I know my life would never be the same again. In addition to doing a 10-foot hot coal fire walk, transformation was about to begin for Lori and I. We were taught a paradigm shift about our lifestyle and diet. We went from eating the Standard American (SAD) diet to starting a 10 day challenge where Lori and I moved away from all animal products, dairy, sugars and processed foods. We continued to live on a fruit and vegetable way of living and we never felt better. I was now able to cut my pain medication from 480mg a day to less than 200 mg a day. I also resigned from going to a pain psychologist and neurologist and told them it was time to take charge of my own health. Later on that year in September at another Anthony Robbins Event called Life Mastery, Tony introduced us to Shelley and Dr. Robert O. Young. Tony asked Dr. Young to demonstrate microscopy personally on Lori and I. Dr. Young did my live and dry blood and told me I was loaded with yeast, fungus and mold. My colon was a mess and that my esophagus had a lot of inflammation. From looking at my blood, he suggested that I eliminate the sweet fruits and carbohydrates that were feeding the yeast and go on an alkaline lifestyle and diet. I was feeling so good that I did not listen. Lori on the other hand, embraced the program, started drinking the greens and other supplements that Dr. Young had created and ran the New York City marathon with only two months training from Stu Mittleman. Six months later I had blood in my stool and food got stuck in my esophagus. I was rapidly losing weight and it was apparent that anything I was eating was not being assimilated or eliminated properly. Anthony Robbins found out about my situation through a mutual friend and called us. Using the power of questions Tony convinced me to go into the hospital to use western medicine for

diagnostics and to get my essential body fluids back to normal. He also suggested that we contact Dr. Young to offer us support and guidance. In the hospital I was diagnosed with Digestive Failure/Stage 4 Colon Cancer and Stage 3 Esophageal Cancer. I went from a 34-inch waist down to a 28-inch waist and from 134 lbs down to 65 lbs. I literally looked like a skeleton. Dr. Young suggested that we get Glenn strong enough so he can leave the hospital and start a 100fl alkalizing program. The treatment suggested by my gastroenterologist and nutritionist was chemical therapy (chemo), radiation and a colostomy bag. When we declined this treatment and were ready to check ourselves out of the hospital they would only allow us to do so after we agreed to be seen by a hospital psychiatrist and take full legal responsibility for signing ourselves out. Lori had to borrow another patient's wheelchair in order to transport me from the hospital bed to the car. Upon leaving, the Gastroenterologist admitted that Dr. Young's colloidal liquid lightning vitamin and mineral drops as well as alkalizing supplements kept me alive and sustained me during this hospital stay. Once we left I immediately started drinking and eating 100fl alkaline liquids: soups, shakes, smoothies and a gallon of water with pH drops per day. I went on what would be a one-year liquid feast. Dr. Young told Lori and I that in order to get rid of all the acid that was in my body for so many years that I was going to possibly lose additional weight because fat binds to acid. We had blind faith in Dr. Young and Shelly and in 12 weeks both cancers were gone. I am proud to say in October 2013 I have been cancer free for 16 years, lowered my pain medication from 400mg down to 78mg and living an awesome alkalarian with the love of my life. I am a pH Miracle.

Two other times Dr. Young has saved my life

On one of my gasping for air trips to the hospital, Dr. Young and Tony Robbins called to wish me a happy birthday. Tony told me that the definition of insanity is doing the same thing over and over again expecting a different result. He suggested that an endocrinologist and a kidney doctor take me completely off of the hydrocortisone and fludrocortizone and monitor my condition while I was in the hospital.

Within 24 hours my blood pressure went down to 120/70. I eliminated the fludrocortizone and lowered the hydrocortizone from 50mg to 5mg in the morning and 2 ½ at night. My last microscopy showed my adrenal glands were 90% better.

In 2009, four years ago, my sodium levels due to all the metal in my body went down to 107 and I went in a coma for almost 5 days. Western medicine told us that the blood sodium should be 130-139. Dr. Young suggested that my blood sodium should be 142 or higher. When I got out of the coma, Dr. Young created the 4 salts, the pHlavor Salts and the pHlush supplements to help everyone by providing the body with alkalizing sodium. He also created the COWS program, which stands for Chlorophyll, Oxygen, Oil, Water and Salts. This program saved my life once again. In the last 16 years since I have known the Young's, they have helped save and change my life 7 times, all due to western medicine screw-ups. In 2007 the doctors put me on higher doses of hydrocortisone and fludrocortisones for what I was labeled with having Addison's disease and adrenal insufficiency, besides the JRA, which arrested itself at age 13. Both incurable according to western medicine. These doses of medication caused congested heart failure and a very high blood pressure of 180/120.

Dr. Young taught me that all of our organs and cells could regenerate within 120 days. He was right. There has been a total of 7 times that Dr. Young has saved my life due to mistakes that western medicine has made. I strongly recommend this program and lifestyle to anyone at any age. The biggest life lesson I have learned is to ask lots of questions and don't assume that just because they wear a white coat that they are god and can determine whether you can live or die. You must be your own self-advocate. Our bodies are alkaline by design, acidic by function and will heal itself when it's properly supported with alkalizing foods and drinks.

In 2008, Lori and I moved from New Jersey to San Diego in order to spread this message around the world, and Lori and I worked at the Ranch for 3 years. We continue to do cleanses for Dr. Young every

three months with our friend Brian Claypool teaching other people how to become their own pH Miracle.

Watch and listen to Glenn's YouTube testimony:

[http://youtu.be/7xRBuDn3zC0?](http://youtu.be/7xRBuDn3zC0?list=PLE6xKC88KAAtj_NzuXYSMSgkoZ-tya4-ta)

[list=PLE6xKC88KAAtj_NzuXYSMSgkoZ-tya4-ta](http://youtu.be/7xRBuDn3zC0?list=PLE6xKC88KAAtj_NzuXYSMSgkoZ-tya4-ta)

CASE 23: LILIANA G.

Inflammatory Ductal Cell Carcinoma

The following is the cancer reversal testimony of
Liliana Gretzer

Broker, Relocation Services

281.543.9114

Dear Don,

Hope you and your family are doing well.

I received news of your cancer diagnosis through our daughters.

They are our blessings, and we are theirs. Here's another one blessing...you can stop worrying. Cancer can be eliminated. We just have to change our eating and drinking lifestyle.

I had it, in August 2007.

Here's my testimony and story:

I was diagnosed with a very aggressive breast cancer on my left side. I was devastated. I began teaching our son and daughter (then they were 11 and 9) how to do some basic skills around the house like cooking, cleaning, and washing clothes. I felt I was out of time to help them with a few simple skills and foreseeing a less than desirable future with my health.

I went to my oncologist who recommended a lumpectomy, followed by chemo, and then mastectomy. Having a history of 3 aunts of breast cancer from my father's side and his loss of stomach cancer...I realized my genes were not equipped to lead me with a longer life span. These were my thoughts. After the 3rd chemo and feeling so "wrong" about it going inside my body, I decided to do some research.

I looked up many things regarding my type of cancer, found a website for Triple Neg, read and compared notes from subscribers in this site, and found that my protocol being equal to others yet they were facing metastasis in the brain, lung, and bone cancers. From there, I decided to look up more information on Triple Neg Breast Cancer, and found a site of scientist comparing two Indian tribes somewhere in the states, possibly Arizona, where one village lived within a mile of "civilization" with an array of fast food restaurants, while the other Indian tribe that lived further away grew and ate vegetables they harvested. The diets being different were also compared. They describe one diet being "alkaline" used by the Indian tribe that ate vegetables had cancer of a ratio of 1 in 1000. The other tribe matched the US population ration of 1 in 4! So I searched for new key words in my life...alkaline foods. After searching many, many websites, I decided to stop at www.phmiracleliving.com. That very date was, October 24, was when I decided to end the chemo treatment. I followed the recommendations of the first published book by Dr. Robert and Shelley Young, The pH Miracle.

I continued with my plan of changing the way I ate and drank food. I learned that cancer is not really a disease; it is simply the body in a very acidic state...and this by the way is TRUE. This meant, I had to replace all acidic foods with alkaline foods. I could no longer drink coffee, or sprite, or even orange juice. I drank green smoothies, juiced green drinks, and drank alkaline water. The first 21 days, I began this journey. After the 21st day of drinking greens...food and water, then I replaced one meal with salads and a very simple lemon, olive oil (salt) dressing. I tested my urine before beginning this journey and it read a 4 on the pH scale. My goal was to get the urine reading 9. This I told my doctor. And he said it was rubbish! Well, after failing to convince him to do a pH on my blood, then I asked him about the pH of patience in ICU. He said that it was very low...3-4. At that moment, I decided to make the changes in my life as recommended by Dr. Robert Young. After 2 months, my urine pH hit the alkaline mark! I also had lost close to 20 pounds. I walked every morning. I was in great shape and feeling very good.

After 3 months was my surgery, January 2008. I made the decision to go ahead with the surgery. Had I known better, I wouldn't have done it. But I did. A month later, I went to see my surgeon. He wanted to know from me and asked me, "tests results are great! O" the record, what have you been doing?" I told him that I had changed my diet, and added exercising to my daily activities. He wanted to know more and I was curious so I asked him why, and he stated that he didn't need to remove any lymph nodes! And the breast tissue had no signs of cancer.

Ok, so like my husband, you may think that it may have been the three lonely chemos that went into my body! Maybe, but what happened to all those women I encountered on the Triple Neg website with cancer spreading to the brain, lungs, and bone marrow? I was expected to take 5 more and to those last 5, I simply said, "no more!" My oncologist couldn't believe what I was saying to her. She told me that I would return in a couple of years. I fired her. In my entire life, I have never had to stand up for myself as I did then against all my family members to say "No to chemo!" Unfortunately, we don't do anything about our health until something goes "wrong" and we get a label on our forehead like cancer or diabetes, etc. God meant for life to be simple, and humankind is only making things even more complicated with drugs!

Many testimonies are out there to prove how well this kind of lifestyle really works especially for those of us whose body basically said, "Enough is enough!" I decided to share this testimony not just with you, but also, the gentleman, himself, Dr. Robert Young. His latest book is "pH Miracle for Cancer". I pre-ordered one for you and one for me. The reason for this is because I have fallen o" tract in the last couple of years. My inner voice tells me that I need to get back into it. I have my weaknesses that I deal with daily, and having gained those 20 pounds I had lost doesn't help either. Ugh...LOL!! I have sensations that I know I should not feel in my body.... things that remind me of when I had cancer. I believe our bodies are so amazing. God is AMAZING! He has given us the tools we need, and stupid if we don't. I am waiting for the books and as soon as I

receive mine, I will read it and follow it again. I hope you will do the same.

If you haven't already, please do not go the route of chemo. Wait! You have time! This is one of the best alternatives out there...pH Miracle worked for me and I just wanted you to know that this is NOT a death sentence....look at it as your second chance to relive and enjoy LIFE!

Kind regards,
Liliana Gretzer
Broker, Relocation Services 281.543.9114

CASE 24: JOSEPH H. ***Sinus Cancer***

When I was 19 years old, during the mid-eighties, I had a very uncommon kind of 'chemical accident'. At the time, like other curious young people of my generation, I experimented occasionally with sniffing amphetamine. The sniffing of chemicals such as legal highs, cocaine and alike, has rapidly exploded in popularity since my day. And so I suspect there is a proportional and unfortunate increase in the number of sinus cancer patients thus making this article all the more poignant and timely.

Before the notorious addiction to amphetamine had a chance to establish itself (which was often surprisingly rapid in most cases) I had already fallen victim to a horribly adulterated product. One day I went to buy some amphetamine powder and assumed I had received what I had asked for. While actually what I had bought was some kind of powdered bleach. Something I only later realized after sniffing the vile concoction into my sinus cavity. A product undoubtedly more suitable for washing clothes or unblocking drains than sniffing into ones nasal passage. And yes it did hurt. I didn't rush to a hospital, as I never wished to admit I had just sniffed a pile of bleach into my head. Perhaps in hindsight this was a mistake. Although to this day I'm not convinced there is a lot anyone could have done for me at the A&E department to reverse the damage I had already just done. It's clear to me now I had already

burnt a hole in the inside of my head, seriously damaged the membrane inside my sinus cavity and destroyed valuable defenses between myself and the outside world. The membrane in the sinus cavity is notoriously thin, being only one cell thick, which of course is precisely why this is the preferred route to take chemical drugs and achieve an instant high. Nevertheless, I rather naively prayed there would be no long-term damage.

Within about 7 years of this accident, at the age of 26 I came down with all the full-blown unmistakable symptoms of sinus cancer, affecting the left side of my head. A tragic result I also partly attribute to my continued smoking habit after the 'bleach incident' itself.

One hundred years ago the number of people developing cancer was about 1 in 80 people. Now it is closer to 1 in 2. The reason for this is very straight forward, and has been directly attributed to the irresponsible use of chemicals put directly into our air, water and food, mostly by big corporations. Meaning very simply if we use chemicals irresponsibly our chances of developing cancer rise in direct proportion to this miss use. And my story is certainly no exception to this testimony, in fact directly reaffirming its validity.

For a short while I thought I had got away with it. I almost managed to forget about the dreaded 'bleach incident' for a short time, although looking back I was never quite the same since that fateful day. A permanent yet subtle change had occurred, albeit hard to notice to begin with, like a timer on a bomb set to start ticking. Continued cigarette smoking seemed to cause gentle friction over this damaged area of the original burn injury in my sinus membrane without my even knowing. For the first time in my life I started to get permanently sick, tired, and could never figure out why. For a 23 year old man this simply did not make any sense, no one could explain what was wrong. It was some years ago since 'the bleach incident' by this time, I had all but forgotten about it to be honest, and I couldn't put 2 and 2 together or make any sense of the deteriorating situation.

At around 26 years old I woke up one day with a huge persistent blockage in my left sinus cavity, accompanied by a further deterioration in my health, both mental and physical. I first tried blowing my nose to relieve the blockage, but it simply would not shift. In fact repeated blowing only made the blockage rapidly larger, more inflamed and even more irritating. It was a vicious circle of the worst nature imaginable. Words can hardly capture or convey what misery the onset of this disease brings with it. A Catch-22 situation where everything one tries to do only appears to make the situation worse, and quickly options become fewer and further between. Panic can quickly set in and even more irrational strategies employed, as the aggravating symptoms rapidly send the victim into a spiral of frustration and psychosis.

Typically repeated antibiotic prescriptions do not shift the blockage, which in itself is a huge telltale sign of sinus cancer that should be ringing alarm bells immediately. A permanent blockage in the sinus cavity is extremely uncommon, especially if it lasts for months uninterrupted. Rarely does a foreign object or particle get stuck without our noticing, and that's usually blown out, or is otherwise fairly easy to detect. A lingering cold/flu is quite literally the only other remaining explanation for a blockage. However this will only last for a few weeks, at the very most. Therefore, sinus cancer is very literally the last remaining explanation for large and persistent blockages to the sinus cavity, and therefore a relatively easy disease to diagnose with the right knowledge.

I later learned that animals could also be affected by sinus cancer. For example sniffer dogs have notoriously high rates of contracting the disease (or indeed any animal that has sniffed up too many dirt/pollutants) is more prone to catching this disease, albeit fairly uncommonly in the wild. However, the results are always highly disturbing. Usually the animal quickly descends into a state of full-blown panic and frustration, not understanding what's happening, while trying to remove the persistent blockage to the nasal cavity and rapidly loses all control. Staggering backwards, shaking its head from side to side – puffing and blowing frantically – banging its head

into trees (or whatever is in its path) for up to a week before it eventually dies from exhaustion.

At the onset of my nasal cancer symptoms I booked my first appointment to see my GP who referred me to an ENT specialist and told me the next available appointment was in 6 months. For 6 months I waited, already very ill. When finally the day came for my appointment I presented with all the classical full-blown symptoms of sinus cancer. However, the ENT specialist was completely unable to recognize these highly unusual symptoms even though they were very clearly explained, plainly severe and blatantly obvious. He ran a few simple tests, staring into my ear with his gadget, peering up my nose with his naked eye, then told me I was apparently fine and that I should go home. It all seemed very brief and sudden, that I should have waited for 6 months for such a fast appraisal of such a serious condition.

I made another appointment, again for a few months later. I was even more determined to get some kind of serious tests done and find some tangible conclusive answer to my awful problems, yet I had the same lack luster unprofessional response as my first appointment. A quick look up my nose, then sent home with a few bottles of chemicals this time, nasal sprays that I should try 3 times a day.

A few months later I went back and told the ENT doctor the sprays are no good, they are making me worse. He just shrugged and said 'well try these instead' we have lots of different sprays. A few months later I went back and complained again that the nasal sprays are not working, they're making my symptoms worse. To this day I'm still utterly dumbfounded by the totally unprofessional and cowboy like attempts at treating someone so ill from so called 'medical specialists'.

Perhaps somewhere in my mind I began to realize there was no easy answer to my problems and quietly sensed that there was nothing any traditional doctors can do to help. Somewhat ironically I later discovered that the totally incompetent nature of the ENT

specialists I had visited was to be a mixed blessing, and very possibly saved my life. For I now realize very clearly that if the ENT specialist had recognized the blatantly obvious symptoms of nasal cancer when I first presented them, and given me a scan, an MRI or a simple probe with an endoscope into my nasal cavity (which would have taken only 2 minutes) they would have found a whole heap of problems straight away. This would most likely have involved the standard responses and immediate remedial proposals including surgery, radiation treatment, followed by chemotherapy. Treatments I honestly don't believe I would of survived.

How did two different ENT specialists fail to notice the most obvious symptoms of sinus cancer when they were repeatedly staring them right in the face? The most likely answer was that the disease is so rare (even rarer in the younger generation) that the possibility was not even considered. Such a young person with sinus cancer at 26 years old is after all practically unheard of. Furthermore the 'medical specialists' I saw didn't seem to know anything about the unique and highly unusual symptoms of sinus cancer. Otherwise I assume they would have recognized at least one of the symptoms. A fact I find bewildering looking back, but a stroke of fate that I was later to realize could well be the reason I am still alive.

I knew in the back of my mind it was serious, but to be told by a traditional doctor "you have cancer" may also have resulted in a further drop in my moral and all the consequent anguish, which may well have sent me into yet more panic and irrational thought patterns, on top of the ones I already had.

Ultimately I was left alone to struggle with the disease on my own for the next 20 years, while I had no idea, at least at the beginning, what it even was. No one can imagine how ludicrous a situation!

Walking around with this crippling illness, badly affecting the left half of my head, for a reason no one even knew. If people spoke to me, they would have to talk to the right half. The left half was 'out of order'. People struggled to communicate with me as I was constantly distracted by the irritation, left literally unable to have a normal

conversation with anyone. I could only focus on what people were saying to me for short periods, as I became increasingly isolated and distracted.

My whole life slowly fell apart, I could never sleep properly, constantly irritable, always sick and tired, my marriage fell apart, my job went with it, everything seemed to be sliding down the drain for a reason no one even knew. My teeth suddenly started to loosen around large areas of my mouth while bad abscesses and ulcers appeared that simply would not go away. I lost many teeth all in the space of about 2 years, while the worst affected area was in the top left hand corner (right below the position of my suspected tumor).

By way of an introduction, sinus cancer appeared to punch out half of my teeth. I had teeth flying out in all directions, and yet still no one knew why. Twenty years later I can now only eat using the few remaining teeth I have left on the right side of my mouth, and therefore very grateful for my blender! I later discovered that disastrous dental decay, loosening of the teeth and persistent ulcers are all standard features of nasal cancers. Yet another huge 'pile of symptoms' my doctor (and dentist) had failed to spot.

The symptoms were multiple, complex and often severe, but at least did seem to 'come and go' a little and give me a few moments rest from time to time. On several occasions, during bad days, thoughts of suicide crossed my mind, but I did have occasional 'better days', that importantly gave me hope. I tried to stay positive, and I kept telling everyone 'I'm getting better' when in reality I was still the same. I also think it was important to both believe and tell people I was 'getting better' as it certainly helped me to stay more positive, even if it simply wasn't true. Main symptoms of sinus cancer

- Constant thirst.
- Constant drooling discharge from my left ear.
- Sudden arrival of an enormous allergy to air born pollutants, dust etc (that was not there before the cancer arrived – no previous history of allergies).
- Loss of sense of smell (smell sense permanently replaced by

above allergy).

- Gradual decay of top left jawbone (has left me without teeth and unable to eat on the left side of my mouth).
- Rapid loosening of all teeth, persistent ulcers/abscesses.
- Inability to speak fluently, articulate words/sentences clearly, swallow normally or breathe properly.
- Loss of vision, especially long distance became blurred.
- Floaters – clouds of specks, strings, and squiggly lines appearing in visual range (possibly due to previous head injuries as well).
- Constant inability to sleep due to constant irritation.
- Associated illness/perpetual exhaustion due to lack of sleep.
- Bladder issues. Bladder would only fill to half-full before it needed emptying (or very painful if attempting to fill further). A typical sign of a further tumor present in or around the urinary tract.

The consistent lack of sleep and consequent exhaustion were a perpetual struggle to deal with. The constant irritation around the sinus cavity seemed to increase when lying down, due to increasing inflammation, to the point where I quickly became scared of trying to sleep. And really wanted to sleep standing up to relieve the pressure and inflammation! I quickly realized that when our sleeping cycle is destroyed, so is our life.

I also noticed very early on I seemed to be incredibly thirsty, all the time. I asked myself why, but could never come up with a reasonable answer. I perpetually found myself drinking a lot of water. And only recently have the reasons for such a persistent thirst, for so long, finally come to my attention.

My body was trying to dilute excess acid and alleviate the toxic build up that would help the cancer to metastasize and spread.

I later discovered that all cancer patients suffer from this same insatiable thirst. It is a simple self-defense mechanism that comes into play, much like a dog may seek to chew grass when it feels unwell. I always felt a temporary and much appreciated relief from my symptoms after drinking a lot of water, although this was always fairly short lived. So desperate was I to get rid of my symptoms I

occasionally found myself drinking even ridiculous amounts of water. Later I realized that excessive water consumption may quickly become a very dangerous situation if not accompanied with the appropriate salt intake. And at the time I was not particularly 'salt-aware'.

As flushing excess acidity from the body takes with it valuable salt, this can deplete salt levels to a dangerously low level if not replenished, from where death may quickly ensue. Thus avoiding chemotherapy/radiation/ surgery and attempting to treat my own cancer had its own perilous risks that could easily have turned tragic at any time.

The plus side to spending 20 years drinking so much water has been an unexpectedly youthful looking skin at the age of 46 year old. The result of more than 2 decades battling cancer from home has left me looking at least 15 years younger than I actually am! This fact alone makes me, somewhat ironically, living proof of the validity of all the assertions regarding acid/alkaline blood in the prevention and treatment of diseases such as cancer.

During the early years of my ailment I also noticed a highly noticeable alteration in my symptoms in relation to consuming different food products. People who are sick are naturally more fragile, and more sensitive. Indeed anyone who has been seriously ill should be able to relate to this sentiment. For example I noticed very early on Vitamin C and drinking orange juice helped me feel better for a few minutes. The relief didn't last long, but it was very noticeable. Although I later discovered the sugar content in orange juice is very high, at least I was on the right track. Similarly eating chocolate bars and junk food made me noticeably lack luster, almost straight away. Albeit hard to understand, my body was trying to show me what to eat, and what not to eat. I kept listening to my body. Although the signals were often overwhelmingly confusing, I kept trying to decipher and distil the useful pieces of information that helped even fractionally with my symptoms.

Gradually I managed to reduce my smoking habit, improve my diet and kept battling the persistent symptoms. I should confess that smoking at this stage was an incredibly stupid thing to do. Even in small amounts. And realize this disease could well have beaten more quickly if I had gained more control over this issue at an earlier stage. Several more times I tried going to the GP around the age of 29 years old, after giving up with the ENT specialist, only to be met with yet more flat refusals of help.

One GP even got very upset with my presence in his surgery and started raising his voice announcing 'I've had cancer you know, now please leave'. Little did he know he was already talking to a cancer patient. This was the typically pathetic nature of all my visits to see GP's, so I quickly decided to give up going, after all what was the point?

I wasn't well enough to keep up with normal healthy people, but I could just about get by on my own. I decided to stick to life at my own pace and suffer the consequent isolation. I quickly learned healthy people don't have time for sick people, or the patience. At times this really frustrated me to an extreme, on other occasions I could fully understand why they felt so annoyed having to slow down for me. Perhaps the worst part of it all was that I wasn't able to 'keep up' with healthy people, or even able to "be there" for a partner/hold down a girlfriend.

Around 2011, at the age of 43, I finally had a break through. I looked up 'symptoms of sinus cancer' (I think it was from the Cancer Research UK website). BOOM! Oh my god. Every single unique and dreadful symptom I had suffered from for the past 20 years was on that list, all carefully and accurately explained. I searched further lists, again, identical symptoms to my own. For the first time in over 20 years, finally, at last, there was a sensible, deadly accurate and rational explanation to my terrible 20 year-long health issue. The penny finally dropped.

I am in fact grateful to Cancer Research UK (though not for any other reason I hasten to add) for providing the public with this vital

information concerning the accurate and detailed symptoms of different types of cancer. The numerous traditional doctors I had seen clearly had absolutely no clue of what the basic symptoms of sinus cancer were, not even specialists.

On finally finding out about the nature of the illness I had been suffering from, I set about re-visiting my local GP, I booked an appointment to see the most well-known and distinguished amongst all our local GP's for his experience. This time armed with all the relevant information. My GP was initially caught somewhat unawares, realizing I had been left abandoned and rejected for the best part of 20 years, suddenly here I was waving all the answers in his face.

He began by reeling off the same mundane and frankly plainly insulting statement I'd heard so many times before from so many other GP's "you should be dead by now".

I was always slightly perplexed by this sentence, "I should be dead by now". For it was always accompanied by a miserable look on their face full of contempt, as if they were genuinely disappointed and heartbroken I was still alive. Did I just hear that properly?

I explained that I was learning about the 'pH Miracle for cancer' on the web, and the concept of blood alkalization from a Dr. Robert O Young PhD. My GP became immediately agitated. He started straight away firing some blunt aggressive questions "who is this chap Dr. Young? Is he English?" I said, "I'm not sure. I've just started researching his work and reading about his protocol, I can't remember where he comes from". My GP was still not happy "which university did he go to?" I said, "I don't know. Does it matter?"

This sort of strict interrogation was not just suspicious – it rang alarm bells in my head.

I tried to continue the conversation. Explaining the concept of blood alkalization to my GP but he got even more agitated. He began trying to infer the whole acid/alkaline idea was 'made up' and a 'bogus theory that simply had no truth to it' – 'all a figment of my

imagination' apparently. I politely asked my GP to research some of Dr. Young's work and try to learn something about the man before so enthusiastically slating all his theories. And he did at least promise to watch something before my next appointment.

The next appointment came and I asked if he had found out anything about Dr. Young? He immediately tried to change the subject. I then asked him about the possibility of getting a scan done, an MRI. I'd been waiting for 20 years, was today my lucky day? His response again was immediately aggressive and defensive. Suddenly he flew out of his chair and started ranting and raving as he marched around his surgery, waving his arms around, shouting about chemotherapy statistics and death rates. Is this really happening I thought to myself? I couldn't bear to watch so I just looked at the floor, not wishing to make eye contact with him.

I said, "Look, I've not come here to be harassed and harangued. I've come to ask for a scan". My GP was o" again, more shouting, more marching around, more ranting about cancer death rates. I repeated my original request "I've not come here to be harassed and harangued". Nothing appeared to calm him down and he was clearly 'losing control'.

My thoughts turned to a documentary I had watched recently on the web where scientists had witnessed the tumors on dogs go into full remission after being fed wheatgrass/barley grass juice. I had found it fascinating that dogs have been curing cancer for millions of years by chewing grass and was frankly amazed that not one doctor in the whole country appeared to even know anything about it. The world's daftest dog knows exactly how to treat cancer? But my GP doesn't have a clue? What on earth is going on?

I had, like many people, wondered why dogs chew grass when they feel ill. So I asked my GP if he knew why the tumors on dogs consistently went into remission after being fed wheatgrass juice. He wasn't able to reply, he just fidgeted very nervously. I tried one more time "dogs have been curing cancer for 6 million years and you seriously have no idea about any of it?"

He just sat there, staring at his computer screen, refusing to speak. He started reaching for his phone, I had the impression he wanted to call some kind of security or the police, to get me removed from his surgery. What on earth was going on? A cancer patient, finds out he has been lied to by his doctors for 20 years, and this is the response? Shouting and abuse? I told him 'I was shocked' and got up and left in disgust.

Clearly, he was very nervous of a lawsuit placed against him if a scan had come back confirming I had cancer, which would have also confirmed serious negligence on his part, and many of his colleges/specialists also. This was plainly obvious. He also seemed to clearly suspect I would/ could use an MRI scan to prove the efficiency of 'alternative medicines' and blood alkalization in treating cancer and, worse still, publish them on the web.

The motives for blocking me getting a scan seemed to be multiplying in front my GP's very eyes. I had no chance at all, unless I went private. And does beg the serious question: how many other cancer patients are GP's blocking from getting a scan? Clearly I was not alone. This malpractice is rampant.

After recently talking and connecting with many other cancer patients in my local area (and from around the world) over the past year, the exact same stories regarding lack of professional care available from GP's/ traditional doctors/specialists kept re-surfacing. In fact every single cancer patient I have spoken to has reiterated precisely the same sentiments regarding their experiences with traditional doctors, regardless of the specific nature of their cancer.

My GP failed to notice (or in most cases even listen) to the nature of my symptoms,

- Result? The patient was left to walk around for months (or years) with worsening condition/symptoms,
- Result? Patient had to return to the GP, on multiple occasions, as the frustration grew worse and the cancer was left to spread,
- Result? The cancer was finally diagnosed at a very late stage, only after sustained and repeated episodes of desperate pleading with

the GP,

- Result? Patient has to undergo drastic treatments, major (usually multiple) surgeries, radiation, and high-dose chemotherapy and usually dies very prematurely (or had their life expectancy significantly reduced) due to the ridiculously late detection of their symptoms, and brutal nature of the treatments. How many times have I heard this? I've lost count.

I therefore began to research alternative cancer cures on the Internet. And found the website "cancertutor.com" from where I began thousands of hours of research. Like so many cancer patients that have just realized 'I have cancer', I began frantically trawling through countless websites and endless reams of information to the point where my head was about to explode. I sympathized with anyone and everyone stuck in the Internet maize of alternative cancer treatments until the early hours trying to sort the lies from the truth. I saw how quickly panic can set in, how a wrong path can be easily taken, and how easy fortunes can change in an instant.

I immediately began compiling my own list of cheap, quick natural anti-cancer treatments I had gleaned from my online research that I can summarize in the following short list.

Anti-cancer Internet solutions

- The Budwig Protocol. Cottage cheese and Flax seed oil beaten together using a hand-held blender to add to any meal. It tastes nice and all seemed to be carefully researched by Dr. Joanna Budwig herself during the 1950's. Dr. Budwig, a bio-chemist, studied blood and noticed that her recommendation helped to remove lactic acid build-up released by cancerous tissues, which showed up as a yellow color commonly found in the blood of cancer patients, resulting in improved health and positive effects upon tumor growth.
- Apricot kernels /Vitamin B17/laetrile, one of the most popular anti-cancer treatments on the web for which scientific research was conducted in the 1940's then allegedly buried by pharmaceutical companies.
- MSM. A naturally derived mineral from plants and vegetables

initially showed reduced cancer rates in lab studies on mice bombarded with carcinogenic compounds, now the web is saturated with scientific studies supporting its anti-tumor potentials.

- Extra Virgin Coconut Oil. Contain 'phytosterols' known anti-cancer compounds.
- Maple Syrup and Sodium Bicarbonate protocol. A simple theory, cancer cell goes to eat the sugar, and gets alkalized with bicarbonate. Many people contest to the effectiveness of this protocol however I only tried it for a limited period so cannot comment.
- Sea Kelp. Recommended for the high Iodine content needed to support the thyroid gland (although new pollutants entering our oceans have pushed this option into jeopardy).
- Fresh Turmeric Root (a fascinating substance with a long and ancient history in treating all manner of illnesses including cancer).
- Ginger, Garlic and Galangal Root (all shown to have anti-cancer effects in vitro and in vivo).
- Ginseng tincture (a number of studies appear to suggest that Asian Ginseng can slow down or even halt the progression of tumors, although their validity is still not confirmed, its long history as a medicine suggests there is most likely truth to these assertions).
- Sage/Rosemary/Thyme/Oregano/Parsley/ Coriander (all shown to have anti-cancer effectiveness).
- Indian Spices: Clove/Cumin/Cardamom/
- Black Onion Seed (often called Black Cumin or Nigella Sativa) this Ancient Egyptian anti-cancer 'super-spice' has proven anti-cancer properties. Scientists have discovered a black seed component known as Thymoquinone. A study at the Texas A&M University showed "Thymoquinone inhibits tumor angiogenesis and tumor growth". The Brazilian Journal of medical and Biological Research published a study in June 2007 on the anti-tumor properties of black seed extracts noted "the study showed that there was a clear reduction in the growth of cancer cells in mice that were treated with black seed extracts (up to 95fl)"
- Sour Sop/Noni Juice (3 PubMed peer-reviewed scientific articles confirm anti-cancer properties).
- Urine Therapy. Mentioned on 300 different occasions in the ancient

medical Hippocratic texts, also Dr. Burzynski has been extracting anti-neoplastons from human urine and injecting them directly into the blood stream of cancer patients with remarkable success, sending problems like stubborn brain tumors into remission. I also note there is a recent surge in anti-cancer testimonials appearing online reporting extraordinary success in treating numerous different types of cancer, as well as a host of other ailments, using urine therapy. Perhaps most importantly, the occasional drink of one's own urine lends us a timely reminder of what we have been drinking or eating, effectively highlighting if we have been consuming something bad and if there should be any adjustment made! Personally I have been consuming between 1 and 2 cups a day.

- Adding a pinch of Sodium Bicarbonate to the filtered water I was drinking to create my own rudimentary alkaline water.
- Colloidal Silver. "The silver nano particle emits a specific magnetic resonance-890-910 terahertz which is selectively destructive to pathogens". Reputedly scientists have watched over 600 different viruses and bacteria killed in vitro by silver ion particles. Its use as an anti-cancer treatment may also have some value (although more commonly used as an antibiotic), so I also included small amounts of this product in my protocol, made at home with 3 x 9 volt batteries (preferably using water put through a reverse osmosis filter) and 2 pure silver rods, consuming about half a cup a week.

All of the above items I gradually incorporated into my diet, as one by one I sought to place each new candidate on the above list into a meal/ drink/smoothie/juicing preparation. And here began the radical diet changes that were to continue for the next year or more. Incidentally I also found the information provided by the group 'Eden Prescription' on the web of all the anti-cancer compounds contained in so many different everyday foods very useful and easy to understand.

Around the same time I came across the YouTube video entitled 'The Importance of Juicing', by Dr. Robert O. Young and was immediately intrigued and captivated by the simplicity of the acid/alkaline hypothesis. Chlorophyll in the leaves of green plants

absorb sunlight, the electrons of the chlorophyll atoms become more excited, so logically we eat/drink foods for the electron-rich content which we may store as energy. It made perfect sense to me, green juice is liquid sunlight! So I immediately gave it a try.

Here began a very important education. Further facts to contemplate included the exact similarity of the chlorophyll molecule to that of hemoglobin. I was amazed. The blood of the plant, becomes the blood of the animal, it's like for like. If all our body cells first began as a blood cell, no wonder green juices help to treat a thousand different illnesses. And no wonder cows are so big and strong! These were all important stages of enlightenment on my path to beating cancer.

For eon's people have wondered, 'why is it women get all edgy when it's their period?' For eons men have fed women meat and chocolate to build their blood. Why are woman angry when they have their period? (No prizes for this answer) they want their greens, of course!

The enlightenment continued! I quickly found a cheap plastic juicer for £30 and started experimenting. And low and behold, began to notice I felt much better almost immediately. My body kept telling me "Whoa! This works, I'm feeling better" so I carried straight on with it and never looked back.

After wearing out the plastic juicer I opted to buy a manual metal version, I found the BL-30, which I still use religiously to this day. It took me a while to develop the right technique to using it and it does require some arm effort. It's designed as a wheatgrass juicer to handle tough fibrous products and does take some getting used to. I found softer less fibrous veggies like spinach/cucumber need to be mixed with more fibrous greens like kale or wheatgrass to achieve a more satisfactory rinse, or the residue is still a bit damp. Once I had that bit worked out it was plain sailing all the way.

I noticed that the benefits I personally obtained from juicing could be split into 2 clear categories: short-term and long-term.
If we happen to have been very ill for as long as I had, more than 20

years, then 18 months/2 years is a more realistic bench mark to aim for on the journey to returned 'perfect health'.

Short-term juicing benefits I achieved in 2 weeks:

- A marked decrease in the general severity of all my sinus cancer symptoms.
- A highly noticeable brightening of my eyes to a more white, healthy and clear appearance.
- Increased energy levels.

Long-term juicing benefits (18 months):

- Return of crystal clearer vision (notably long distance).
- Return of energy levels to bring a much lighter, brighter disposition.
- Improved skin appearance.
- Return of sense of smell and free passage of air through my left nasal cavity.
- Improvement in dental health, whiter teeth, healthier gums.
- Improved bladder function, return to more normal fill capacity.
- Return of greater fluency to speech and improved articulation.
- Improvements to balance and inner ear/hearing.
- Improved sleep pattern due to lessening of irritation from symptoms; accompanied by renewed ability to rise earlier.

Destruction of bad habits

The adoption of juicing was also accompanied by the gradual but steady removal of acidic foods from my diet. Such as all meat and fish products/ wheat/alcohol/dairy products/sugar/coffee/fizzy drinks/processed foods/ GMO/bad fats (such as cooking with vegetable oils)/food additives. After all I couldn't see the point in beginning the challenge of alkalization if I was still eating too many acidic foods/drinks.

It was also around this time that I began to reconsider my smoking habit. Although it was only occasional I was increasingly aware of the detrimental effects that this might bring to my efforts to alkalize, much like eating acidic foods. After listening to Dr. Young talking about the causes of blood acidity, and remembering how red blood

cells are permanently affected by carbon monoxide (not allowing them to re-bind with oxygen again during their brief lifetime), I began to think more seriously about my oxygen levels.

A clearer understanding of blood properties helped me to address my specific causes of blood acidity, so I believe this genuinely helped me to quit smoking. A task I achieved more easily I feel, given a clearer understanding and insight into the properties of my blood and the damage I was potentially doing to offset my attempts to improve it.

After a lifetime of eating meat, meat eating was also another dirty habit I had to give up! After watching a further Dr. Young lecture I was rather alarmed to learn that a significant proportion of human brain cells are also situated around the small intestine, where many of us leave large amounts of rotting meat.

Notoriously meat is slow to digest and slow to move through the colon, so what effect could this have upon thoughts and ability to heal ourselves? Avoid acidic people

The reality of British obesity has been recently labeled 'a national tragedy' by the media, and standing on any High Street to take a quick look around it's easy to see why. I began to notice that if people were not fat, they were very pale, or both. Others I realized had seized up completely a long time ago, unable to walk, and left to stagger around precariously one step at a time. Somehow, the enormous ugly reality of excess acidity seemed to have been completely hidden from public viewing. It was the classical 'elephant in the living room'. Yet once I saw through it, the whole world looked entirely different.

I wondered how much 'easy-money' can be made from selling toxic pills, to treat the 1000's of different symptoms directly caused by acidosis by avoiding the causes. The mind boggles at the possibilities of rampant exploitation.

I also quickly realized cancer patients should avoid not only 'acidic foods' but also 'acidic people'. They are usually quite aggressive, needy and deceiving. There was no avoiding this reality that was becoming clearer by the day. These acidic-people are clearly forcing too much nonsense down their own throats. The result of this is an unhealthy compulsion to ram nonsense down the throats of other people. And who is the most likely person to swallow nonsense? A cancer patient of course!

All over the world people are frantically trying to ram lies and bullshit down the throats of cancer patients as fast as they can. They simply will not give up. It's like their life depends on it! I have often tried to stop people when I catch them in the act, and they don't like it. A barrage of complaints, excuses and even hostile violent reactions have been the result. One sad culprit has sadly almost beaten me to death on one occasion, and yes, some of these people will not hesitate to use violence. So my advice to cancer patients is simple: avoid acidic food AND acidic people, and your chances of survival will improve exponentially!

The logic is simple. If we stop forcing nonsense down our own throats we will find it less necessary to force nonsense down the throats of other people. And this includes acidic foods! The result will be highly beneficial: a more harmonious and civilized world for everyone.

It has also come to my attention that people thoroughly enjoy talking down to anyone who is ill. Family members and friends can all begin the annoying habit of 'talking down' to the sick person, as if they are mentally retarded. More worryingly many of my associates became visibly 'upset' when I began curing my symptoms and improving my health. All of a sudden I wasn't swallowing their nonsense anymore.

Then I discovered that I was surrounded by people that honestly had no interest in my recovery whatsoever, in spite of their numerous claims to the contrary. The only thing that interested them was the cheap 'egotrip' to be gained from talking to people as if they're an idiot. Such is the enormous level of deceit among those who claim to

‘care about and help people with cancer’. Indeed how many cancer charities fall into this same category?

It also came as no great surprise to realize that over-weight people are often the first to develop cancer. When listening to cancer patients relate their testimonies I often noticed many of them always pointed to an ‘over-weight’ bloated picture of themselves at the time they developed cancer.

The Importance Of Juicing

A bit of shoulder effort and some pushing is needed to draw a pint of juice (so be warned!) with the BL-30 manual juicer, meaning that this type of labor intensive juicer is certainly not suitable for very sick patients (or the weak armed amongst us) but it has been perfect my needs. And it can be cleaned in two minutes flat! Further bonuses of a metal manual juicer are: it’s indestructible, will last a lifetime AND will go travelling and camping in the green fields where there’s no electricity. I had found the new love of my life!

Outdoors

I can’t endorse ‘outdoor juicing’ as much as I’d like to, as I’m not fully aware of potential safety issues regarding bacteria and soil-based viruses. However I have tried this many times and so far, have never become ill. I had found myself stuck at home rather a lot up to this point, so anything that afforded me a little liberation and freedom from household chores and indoor juicing was a warm welcome indeed.

There are, after all, many greens to be found in springtime in the local countryside, notably grasses/nettles/cleaver. As a basic rule of thumb:

- avoid picking grasses too close to the soil, leave a at least a 20 cm gap and remain aware that occasionally dangerous bacteria/viruses stray from the soil upwards into the grass (therefore safer after heavy rains)
 - avoid foreign toxic plants you don’t recognize,
- Stick to grasses, cleaver and nettle, all of which are in abundance at this time of year,

- Always wash what has been picked
- Avoid 'old' nettles that are flowering as they contain toxins that can damage the kidneys, only use young shoots,
Yielding a beautiful dark green juice with red and orange undertones, and all free!

Indoors

The recipe I have stuck to for best results at home, with the occasional addition/variation:

One pint of juice first thing every morning including the following organic ingredients:

Kale/Spinach/Broccoli/Hemp Leaves/Wheatgrass/Celery/Cucumber/
One whole lemon including peel/Fresh Ginger Root/Fresh Turmeric Root (available from most Asian Thai food stores)

I usually drink some powdered greens in the evening: 2 table spoons of wheatgrass/barley grass powder shaken up with apple juice/water.

Green meal smoothie

Due to my lack of teeth I also pursued the blending option, and formulated my own 'green meal smoothie' using a traditional blender and as many of the following 'anti-cancer' organic ingredients as I can find. Note you will need a 'hardy blender' 500 watts or more (or it'll blow up!): One handful of Spinach/Sage/Peppermint shoots/Parsley/Fresh chopped coconut/One Ripened Banana/Soaked Hemp Seeds/Pumpkin Seeds/Almonds/Piece of Lemon plus Peel/Slice of Ginger and Turmeric/Goji Berries/Crushed Cinnamon bark put through a coffee blender/Fresh Aloe Vera/Fresh Pomegranate/ Sea Salt

The number of possible variations to the above recipes are of course practically infinite, yet I found this to be a useful starting point of reference, and hope it may be of benefit and inspiration to others.

Typical meal

While on the subject of the different foods that may help treat cancer, here is a typical meal preparation I have been using during the course of my recovery that has personally served me well. Including the following organic ingredients:

- * Sweet Potato
 - * Sprouted Lentils/Mung beans/Moth Beans (left to soak for 24 hours, then rinsed twice daily)
 - * Grated carrots/beet
 - * Tomatoes/ peppers
 - * Onion (spring)
 - * Avocados
 - * Herbs (sage, rosemary, oregano, thyme, parsley, coriander) *
 - Greens, broccoli/spinach/Parsley
 - * Spices (garlic, chili, cumin, clove, black seed)
 - * 1/4 chopped lemon plus peel and/or Tamarind
 - * Ginger/Galangal/Turmeric
 - * Sea salt
- Either heated very briefly (two minutes at the most with Extra Virgin Coconut Oil) or eaten raw with hemp seed oil.

Final stages of recovery

Around 2 years ago I heard about another doctor, Dr. Robert Melamede PhD who was talking about treating cancer with cannabinoids often in conjunction with a chap from Canada called Rick Simpson from Canada. I tuned into several radio shows where both men discussed the different types of cancers they had successfully treated using cannabis oil. Reporting on the many miraculous success stories from both callers and past case histories I was very interested to hear how the reversal of so many stubborn cancers (deemed wholly untreatable by traditional medicine) were all apparently being sent into remission.

Quoting Dr. Melamede “there are over 800 peer-reviewed scientific studies published in Medical Journals since the 1970’s that all confirm the positive effects of cannabinoids in halting and reducing the size of cancerous tumors. If anyone can be bothered to read them.”

Not long after hearing about Dr. Melamede I was chatting to a friend locally who suggested I call into a radio show he was hosting to talk with Rick Simpson directly live on air. To my great surprise I found

myself hosting about 6 full shows with Rick, each 2 hours long and picked up a lot of useful information along the way. It was a great education, and must admit I found the man wholly inspiring together with his constant stream of success stories and good humor. For a long-suffering cancer patient like me this was sweet music to my ears.

Around this same period I tuned into another Dr. Young lecture and heard the magic words 'don't smoke it, eat it'. I hasten to add that although I only smoked occasionally, it was still enough to offset my various other treatment plans and impede my success. I was beginning to see the light! Which neatly coincided with the end of my problems, for it was not long after this I realized giving up smoking is 'easy' (or at least it was for me) if cannabis is eaten in the evening. It cured my cravings to smoke and gifted me a good night's sleep, which marked the end of my problems. The rest of the ride was all downhill after this moment of realization. I later heard many other stories of addiction cures using cannabis oil, including many cocaine, alcohol and heroin addicts also finding relief and an easier route out of their destructive lifelong habits.

I have also been the unfortunate recipient of several very heavy blows to my head during my life, one from a car that hit me head on, the other from an 'acidic heavy person' who was rather upset I wouldn't swallow his big fat lies! Both blows were extremely hard and could have easily killed me if my skull had not been as thick as it is, and small signs of brain damage have certainly been in evidence. I was therefore delighted to hear about the observations regarding the 'regeneration of brain cells with the use of cannabinoids'.

Studies such as the ones recently done at Saskatchewan University confirm 'nerve cell regeneration and neurogenesis' with the use of synthetic THC. Further scientific evidence of the 'neuro-protectant' qualities of cannabinoids also appear to provide the last and only hope for anyone left with serious head injuries/nerve damage like myself. There are very clearly 'no options' left for anyone left with a serious head injury, as conventional medicine simply does not have

any solutions. The possibilities of treating our own cancer with cannabinoids is therefore great news for any cancer patients with bad head injuries, as it has the potentially additional and rather pleasant 'side-effect' of helping us to 'grow new brain cells'. Although not 100% confirmed, it certainly looks very promising.

Many debates have raged online for years now regarding the relative safety of the various different solvents used to make cannabis oil, so I quit the idea of making oil fairly early on and decided to take the ancient path. Using a small amount of organic goat's milk to cook up the already crushed/powdered dried flowers (powdered in a coffee blender), quickly and effectively extracting the oil in the milk and drinking it, providing the same 'Rick Simpson Oil' (dissolved in the milk) minus any potentially dangerous contaminants. And personally I have never noticed any difference in the healing potential from extracting the oil this way, yet remarkably few people, even mention this method as a possible alternative.

Although in the treatment of skin cancers carefully extracted cannabis oil does appear to be a highly useful treatment, assuming the causes of body acidity are also addressed.

I later learned cannabis oil would not 'automatically' heal all known cancers on its own like many people assume. Like most things in life, it works best in combination with other things. For example, I know someone who recently died from leukemia, very young, while taking the recommended dosage of cannabis oil. It later transpired he was awfully over-weight, was eating large amounts of acidic foods, while smoking copious amounts, at the same time as ingesting the cannabis oil. Result? He died. I relate this very sad story to hopefully prevent another similarly tragic outcome.

For me the cannabis therapy (used shortly before bed) was not only important because I had not slept properly in 20 years, it also taught me how to smile again and lifted my spirits considerably. After so long feeling sick and depressed, this was a huge blessing. All cancer patients can easily become depressed I discovered, and that depression, of course can be very detrimental to recovery.

Incidentally I found juicing greens highly effective for lifting my spirits during the day light hours, and the cannabis milk effective for the evening. For the first time in ages I was smiling all day and all night, and my symptoms were disappearing with each passing hour.

I did however run into some quite unexpected obstacles. I noticed that when people saw me happy, they often became insanely jealous, argumentative, and did whatever they could to try and drag me back down again, occasionally quite viciously. The result was I had to mostly close myself from the outside world, and acidic people for my own safety. Realizing the battle to cure cancer involves fending off friends, family, police, any jealous third parties (who may have lost a close relative to chemotherapy) and a host of other angry elements all scratching at my front door.

Incidentally juicing the cannabis plant (whole flower heads and leaves) is also a great idea, as long as the plant has not been allowed to sit near too much pollution and absorb too many traffic fumes, as hemp notoriously absorbs toxins from our atmosphere and actively turns them into compounds less dangerous to our health and the environment.

My thoughts have recently returned to this picture I was shown about 20 years ago by a random stranger. Clearly showing the ancient Indian deity, Lord Shiva holding a vessel containing 'green liquid'. It really didn't mean a lot to me at the time, I had no clue this could be the cure to cancer! I believe the picture was the one below, which I found 2 decades later on the web. I therefore ask myself how we have we known about the cure to cancer and the principles of alkalization for over 5000 years? And why are we still being told there is no cure to our diseases?

At the beginning of this testimony to the benefits of natural products to treat cancer, I highlighted the surprisingly close similarity of my own story to that of the human race as a whole: namely the irresponsible use of chemicals and the consequently direct proportional rise in cancer rates. There is also a strong argument that lies within this testimonial for the legalization of all drugs. Illegal

drugs and a distinct lack of education, encourage dealers to actively contaminate relatively safe clean products, which may easily end up in the hands of an unsuspecting youngster, resulting in predictably disastrous consequences.

Now that so many corporations (and occasionally ourselves) are so rapidly polluting our natural environment, the human race is currently entering a similarly disastrous 'giant chemical accident' situation to my own experience. I therefore hope we can take heed of the lessons in my testimony so they can be used on a grander scale to help the entire world. To prevent far larger catastrophes that may soon affect the entire world population. Indeed I would like to see all the natural anti-cancer strategies further evolved, combined, and improved to create increased benefits for all members of the human race, so I can rest in the knowledge that my own struggle has certainly not been in vain.

One Love, One Truth, One Health

CASE 25: BRUCE ROBERTSON

Prostate Cancer

Bruce Robertson shares his testimony on his improved prostate health, blood pressure, cholesterol, and weight.

Watch and listen to Bruce's YouTube testimony:

[http://youtu.be/FkxOnLJRkHk?](http://youtu.be/FkxOnLJRkHk?list=PLE6xKC88KAtj_NzuXYSMSgkoZ-tya4-ta)

[list=PLE6xKC88KAtj_NzuXYSMSgkoZ-tya4-ta](http://youtu.be/FkxOnLJRkHk?list=PLE6xKC88KAtj_NzuXYSMSgkoZ-tya4-ta)

CASE 26 AND 27: MIGUEL AND ADRIANNA

Hodgkin's Lymphoma, Hashimoto's Disease & Weight Loss

Miquel and Andrianna share their pH Miracle testimonies reversing Hodgkins lymphoma cancer and Hashimotos disease on YouTube:

[http://youtu.be/8tl_HIOUaQQ?](http://youtu.be/8tl_HIOUaQQ?list=PLE6xKC88KAtj_NzuXYSMSgkoZ-tya4-ta)

[list=PLE6xKC88KAtj_NzuXYSMSgkoZ-tya4-ta](http://youtu.be/8tl_HIOUaQQ?list=PLE6xKC88KAtj_NzuXYSMSgkoZ-tya4-ta)

CASE 28: ROSARIO

Breast Cancer and Weight Loss Testimonial

Rosario shares her YouTube testimony:

[http://youtu.be/Ro5D2eGfA4A?](http://youtu.be/Ro5D2eGfA4A?list=PLE6xKC88KAtj_NzuXYSMSgkoZ-tya4-ta)

[list=PLE6xKC88KAtj_NzuXYSMSgkoZ-tya4-ta](http://youtu.be/Ro5D2eGfA4A?list=PLE6xKC88KAtj_NzuXYSMSgkoZ-tya4-ta)

CASE 29: JANET HENSHAW

Leukemia

Janet Henshaw developed leukemia after being exposed to mustard gas. Using the pH Miracle principles of healthy alkaline diet she restored herself back to good health.

Janet shares her YouTube testimony:

[http://youtu.be/2Gs7zdmCWDA?](http://youtu.be/2Gs7zdmCWDA?list=PLE6xKC88KAAtj_NzuXYSMSgkoZ-tya4-ta)

[list=PLE6xKC88KAAtj_NzuXYSMSgkoZ-tya4-ta](http://youtu.be/2Gs7zdmCWDA?list=PLE6xKC88KAAtj_NzuXYSMSgkoZ-tya4-ta)

CASE 30: DR MARCO GARGARI

Thyroid Cancer

Dr. Gargari shares his YouTube testimony:

[http://youtu.be/vjcLwPoGsOg?](http://youtu.be/vjcLwPoGsOg?list=PLE6xKC88KAAtj_NzuXYSMSgkoZ-tya4-ta)

[list=PLE6xKC88KAAtj_NzuXYSMSgkoZ-tya4-ta](http://youtu.be/vjcLwPoGsOg?list=PLE6xKC88KAAtj_NzuXYSMSgkoZ-tya4-ta)

CASE 31: TIMOTHY O'KEEFE

I grew up as a fairly sick child. At the tender young age of 7 I was diagnosed with juvenile rheumatoid arthritis. I spent at least a year at the mercy of specialists and in and out hospitals. It took a toll on my family.

By the grace of God, a year later this terrible affliction was no longer with me and I was able to resume my childhood with limitations. In my late teens I was diagnosed with nasal papillomas. It didn't seem like a big deal to me at the time until my otolaryngologist told me I had to have them surgically removed. Recovery from surgery was painful with a lot of bleeding, nasal congestion, and discomfort. A painful crusting inside of my nose accompanied this affliction.

Throughout the 80's and 90's I had so many surgeries that I lost count of them. They did a biopsy of the papillomas and I was told that it was a virus and that surgery was my only option.

As I went through my 20's and 30's I noticed different changes in my health. I was sick more often. Every winter I had throat infections that required antibiotics to clear up. The pain was so bad I could barely swallow. I had a boil on my behind that would reoccur. I had to see a specialist. Again I was prescribed antibiotics and they even wanted to lance it.

Months after it went away it would reappear again.

I developed a skin rash. I went to a dermatologist and he prescribed a steroid cream but never offered any reason as to what caused it.

The steroid cream would clear up the rash but days later new spots appeared. As a runner my knees began to bother me more and more. I had to give up running for a year because the pain was too great. The older I got the more health issues I had to deal with.

In 2002 I began to notice white spots inside of my mouth. At the time I was a smoker and feared the worst. I tried to ignore the spots but they continued to grow. I could no longer pretend that nothing was wrong and I went to an oral surgeon. I sat in his chair as they cut pieces of my cheek out to send for biopsy. Blood ran down my throat as they tried to siphon it out and stitched me up. I was then diagnosed with leukoplakia, a pre-cancerous condition. The reality was that I had to make some serious changes in my life.

I immediately gave up smoking and drinking and searched for answers. I knew there had to be a better way to live. I thought my diet was fairly healthy, but I now know that it was actually the cause of the health problems I was experiencing. I stumbled upon Dr. Robert Young's pH Miracle book. I learned from this book that what we put into our bodies and into our minds is the true cause of ALL sickness and disease.

The transition to Dr. Young's diet was especially difficult. I grew up in Buffalo where we eat lots of pizza and chicken wings, none of which are permissible on this diet. I started by giving up meat and coffee and began to drink green drink. I started to feel better. I noticed I had more energy with green drink than with coffee.

The next hurdle was giving up sugar and dairy. This proved to be harder than I thought. Dr. Young taught me to combat sugar cravings by using liberal amounts of unprocessed mineral salt. It actually worked. The crazy part is my blood pressure normalized and my energy levels continued to increase!

The more I persevered the more I knew I was onto something that was real. My health began to take a dramatic turn for the better. I saw my otolaryngologist in 2008 and was given a clean bill of health! That only drove me to work harder at alkalizing my body.

It has been almost a decade now and I continue to follow Dr. Young's

dietary and lifestyle advice. I no longer get colds or flu's. I am going on my 10th year at my current job and have NEVER had to take a sick day. I haven't taken a single drug, prescription or any medication the entire time. My rash is 100% gone and my skin looks better than it ever has. Even the pain in my knees is non-existent! The white lesions in my mouth are a distant memory. I have more energy now at 48 than I had when I was in my 20's. It is nothing short of a miracle....a pH miracle!

I am eternally grateful for Dr. Young's research and guidance. I had no clue what real health was about or how to achieve it. Now I can inspire others to give up their acidic diets and sedentary lifestyles. I live my life as an example so that others might learn from the way I live. There is a peace of mind that comes from living this way that is indescribable! It is the ultimate health insurance and I know that as long as I live this way I will never have to worry about dealing with any old or new health issues for the rest of my life. It is who I have become. It is who I am.

Thank you Dr. Young for so generously sharing the knowledge and wisdom that your research has brought to a world that so desperately needs it. You are truly a light in the darkness and please know that you and your family are in my thoughts during this very difficult time. Feel free to use my testimony or contact me if I can be of assistance. Sincerely,

Timothy O'Keefe

61 River Street

Salamanca, NY 14779

(716) 491-4983

CASE 32: CHARLOTTE TENNEY

Stage IV Lymphatic Cancer

Charlotte Tenney shares her beautiful testimony of hope that there is life outside conventional oncology. Read, like and share her life changing and life saving reversal of Stage 4 Lymphoma Type B.

Hello, my name is Charlotte Tenney, and I am a survivor of stage 4 Lymphoma type B. I wound up in the emergency room, wondering why I could not breathe. They took 2 L of fluid off my lungs, because they were collapsing. When I asked what the diagnosis was they

responded: “oh, didn’t you know you have stage IV lymphoma and are going to die”. When I talked to the oncologist he said that the best that he could do was to give me a few months to get my house in order. I was shocked! I am an integrative healthcare specialist and that didn’t sound like a very good prognosis to me. I felt that any doctor, who thought that I was going to die under his care, was probably not the proper Dr. to be treating me. I lost weight – about 40 pounds over the course of the next two months. I continued to go in for thoracentesis. I was very fatigued, had fever and tachycardia but I was determined to find a treatment with someone who believed in my ability to heal. I was very lucky to be introduced to Dr. Ben Johnson. He worked with me personally. He did blood work that was sent off to Europe, which gave him knowledge that wasn’t available in the US to determine exactly which natural and medical agents might be effective for my specific cancer cells. That allowed us to create a personalized treatment for me. We proceeded with that plan and got started. Immediately, I began to feel better. I was getting stronger and I was able to go back to work. The program included various nutritional support supplements and medical agents as per Dr. Johnson. Soon I began traveling again and even returned to hiking and climbing mountains. Not long after I was officially declared in remission. I returned to full-time work every day. I have regained my weight and energy and I feel terrific – much better than dead. My message to people is if you get a diagnosis like this, look further than standard commercial oncology. Integrative health and alternative health has a lot to offer. It works together with your body to enable it to heal itself in a way that is more constructive. There are ways to work with your body to help it heal itself. This includes a combination of integrative medical treatment, nutrition, supplements and exercise – you do have options. You can stay alive.

Charlotte Tenney

San Diego, CA

Non-Invasive,Non-RadioactiveFullBodyMedical Diagnostics 421

***Section 8* Non-Invasive, Non-Radioactive Full Body Medical Diagnostics**

Chapter 28 Non-Invasive Diagnostic Full-Body Thermography, Ultrasound, 3-D Functionality, and Live and Dried Blood Tests

Establish a baseline of the health of the whole body anatomically, physiologically, and functionally. Additional tests for determining metabolic and dietary tissue acidosis.

As part of The pH Miracle for Cancer Protocol, we use Diagnostic Ultrasound, Thermo Imaging, 3D Full Body Bio-Electro-Interstitial Functional Scan, and pHase Angle Testing to identify asymptomatic and often life-threatening diseases in their earliest, most treatable stages. It's not uncommon while scanning for one concern to find other trouble areas that are in need of help, making these medical imaging tools valuable in the healing process. Every Full Body Diagnostic Scan we perform includes a comprehensive study of all major internal organs from which we provide you with captured images and an accompanying physician's written report for each individual study. Our goal with this service is to start people on the road to health and vitality by providing superior-diagnostic-healthcare information, all while doing it without the typical high healthcare prices.

The benefits of our service:

STATE-OF-THE-ART EQUIPMENT.

No referral from a primary care physician is needed.

- Cost effective.
- Final Reports available in less than 48 hours of initial study being performed (Preliminary reports immediately).
- Dedicated and experienced licensed professionals.
- Personalized care.

Medical Diagnostic Ultrasound

Medical Diagnostic Ultrasound Imaging, also called ultrasound scanning or sonography, is a method of obtaining images from inside the human body through the use of high-frequency sound waves.

The reflected sound waves that echo back are recorded and displayed as a real-time visual image. The benefit of this method is that no radiation (x-ray) is involved in ultrasound imaging.

Ultrasound is a useful way of examining many of the body's internal organs like the carotid artery, thyroid, pancreas, liver, gallbladder, kidneys, spleen, bladder, prostate, uterus and ovaries, veins arteries and others. Of course, the most commonly known use of ultrasound is for obstetrics; which refers to the specialized use of sound waves to visualize and thus determine the condition of a pregnant woman and her embryo or fetus.

The major advantage is that ultrasound images are captured in real time. This is valuable because we can evaluate the health of internal tissues and organs by monitoring their movement as well as enabling physicians to see blood flow and heart valve functions. This can help identify concerns or illness as well as diagnose a variety of heart conditions which empowers you to make positive changes to begin healing as soon as possible.

Contact us at 760-751-8321 to schedule your Full Body Medical Diagnostic Imaging Test.

MEDICAL DIAGNOSTIC THERMOGRAPHY

Medical Diagnostic Infrared Thermal (Thermography) is a state-of-the-art scan which can detect physiological abnormalities and metabolic processes occurring in the body by measuring slight temperature fluctuations. This is accomplished as the scanning device converts infrared signals emitted from the skin surface into electrical impulses that are seen in color on a monitor. This visual image or 'thermogram' graphically maps body temperature.

Medical Thermography's major clinical value is in its high sensitivity that reveals changes in body tissues and organs that are caused by disease. It is particularly useful in examining the vascular, muscular, neural and skeletal systems and can contribute to the diagnosis made by the clinician. It is a life-saving procedure that can alert you and your doctor to changes in your body that may indicate early

stages of breast cancer or other conditions that may be developing within the body.

For example, Thermography offers a more reliable and safe mode of early detection for breast disease than is possible through self-examination, doctor examination, or mammography.

It requires no radiation or compression and is therefore pain free. By performing thermography years before conventional mammography, an at-risk patient can be monitored more carefully. If a lesion forms, ultrasound can then be utilized to get an accurate image of the growth. All of this information increases the patient's treatment options and can dramatically improve the outcome. It is in this role that thermography provides its most practical benefit to the general public and to the medical profession. It is certainly a support to the appropriate usage of other diagnostic medical tests and not a competitor.

X-Ray, C.T., Ultrasound and M.R.I are all tests of anatomy that measure the structures of your body whereas Thermography is unique in its capability to show the physiological change and metabolic processes occurring in the body.

Thermography is a completely non-invasive, painless clinical imaging procedure that uses no radiation, for detecting and monitoring a number of diseases. The digitized images are stored on a computer and are sent electronically to a medical doctor certified in thermal interpretations, for analysis and report. It is used as an aid for diagnosis and prognosis, as well as monitoring therapy progress, for conditions and injuries, including:

Back Injuries

Arthritis

Headache

Nerve Damage

Unexplained Pain

Fibromyalgia

RSD (CRPS)

Digestive Disorders
Artery Inflammation Vascular Disease
Breast Disease
Breast Cancer
Carpal Tunnel Syndrome Disc Disease
Inflammatory Pain
Skin Cancer
Referred Pain Syndrome Sprain / Strain
Stroke Screening
And Many Others

3D FULL BODY BIO-ELECTRO-INTERSTITIAL FUNCTIONAL SCAN

The unique feature of the 3D Full Body Bio-Electro-Interstitial Functional Scan is that it is the only procedure known to actually measure, function and risk factors of the body systems. The 3D Full Body Scan can detect many parameters of the human body, with an amazing 89% accuracy. The 3D Full Body Bio-Electro-Interstitial Functional Scan biosensor is a new diagnostic aid to measure bio-impedance in interstitial fluids in the body. This technology was originally invented by German and Russian scientists, and was used in the health monitoring of the cosmonauts of the MIR space station. Subsequently a team of European scientists developed the technology over a 10-year period with trials in hospitals and clinics all over the world for use by mainstream healthcare practitioners in all healthcare fields. Now it's FDA approved in USA. How is the Full Body Health Assessment Performed? The actual Body Scanning process takes about 6 minutes and is painless, non-invasive and has no known side effects. It requires the client, who is fully clothed and seated comfortably at a desk to put their hands & bare feet on electrode plates, while 2 electrodes are placed on their forehead. The client does nothing during the scan other than stay quiet and still, watching the body being scanned in real time on the screen in front of them. At the end of the initial Health Assessment, the results will be explained. Then client will receive a report by email.

Advantages for YOU in Having the Full Body Scan The Full Body test is comprehensive, accurate, painless, non-invasive, with NO

radiation scan for finding out what is really going on inside the body. This test gives correct, detailed information, so the Health Practitioner can treat patient's health condition as successfully as possible. This complex form of bio-impedance testing can often reveal disease patterns before symptoms are manifest. It is also great to monitor the before & after treatment comparisons. Body System Functions Assessed by the Full Body Scan Include the Following:

- Cardiovascular System
- Respiratory System
- Digestive System
- Immune System
- Brain Function
- Nervous System
- Hormonal (Endocrine) System
- Neuromuscular System
- Urinary System
- Reproductive System
- Metabolic Function

THE ASSESSMENT ALSO ANALYZES:

- Body Composition including Fat Mass, Lean Mass, Muscular Mass, Intracellular Water, Extra Cellular Oxidative Stress Analysis – shows if patient may need antioxidants and which ones
- Hormonal Balance including DHEA, Testosterone (for men), Thyroid, Insulin, Cortisol, Adrenal Gland Hormone balance, TSH and Thyroid function that may reveal why patients can't lose weight and how a stressful life style is affecting them. Why they feel tired, run down and why their immune system is comprised
- Male prostate function and libido (sex drive) levels
- Ions and Minerals such as Calcium, Magnesium, Potassium, Sodium, Chloride which may show why someone has muscle aches, bone strength and much more.
- Brain chemistry and Neurotransmitter balance such as Serotonin, Dopamine and Acetylcholine levels to show why patient may be feeling moody, anxious, angry or feeling sad or emotionally down. It may also help to reveal why he/she can't sleep or why their memory

or concentration is not too good

- Biochemistry Balance such as Glucose levels and any insulin resistance that may show why the energy levels may be low and it may show why they can't lose weight or why there is a chocolate, sugar or carbohydrate cravings.
- The body pH will show if there is an acid-alkaline balance and its maybe contributing to the health problems, Oxygen levels which may show if the brain or muscles are receiving enough oxygenated blood and the CO₂ levels, Hydrogen, Bicarbonates for healthy cell metabolism.
- The Total Body Water and Weight Analysis... and much more

CONCLUSIONS

In clinical applications, the system provides:

Assistance at the Consultation

The patient is not always capable of objectively describing his or her symptoms. Often they exaggerate or under-estimate symptoms or choose not to speak of them.

In addition, some diseases are in the state of development or established present no symptoms. The 3D Bio-Electro system allows the visualization of parameters of tissues and blood helps guide the consultation and eventually helps to better understand the patient's psychological factors and, through a statistical analysis of the risk involved, to prescribe certain targeted supplementary examinations.

AID TO THERAPEUTIC DECISION MAKING

The modules proposed by the program such as nutrition, micro nutrition, herbal therapy, homeopathy, auricular acupuncture and somatic acupuncture come from analytic software making use of the totality of parameters of therapeutic decisions; the calculations performed by the computer are 1000 times quicker than the human brain (the computer can perform 50,000 operations each second). Nowadays practitioners who practice functional medicine are in the same position as were accountants before the adding machine. The adding machine has not done away with the accountant; it simply allows the accountant to perform his profession differently.

THERAPEUTIC FOLLOW-UP

Through visualization of a tissue's parameters, the 3D Bio-Electro Scan is positioned as the first step to visualization for all treatments. Actually, whether the treatment is allopathic or functional (alternative), nutritional or micro nutritional, the results are quickly seen... firstly at the level of cellular activity of the targeted organ and therefore at the tissue level, much later at the blood level and even later at the structural level (imagery).

In addition, this therapeutic follow-up is painless, non-invasive and with NO radiation. With a therapeutic follow-up the practitioner can as quickly as possible, visualize if a treatment is correct for the patient... whether it is effective, adapted and if there are side effects. This aspect is important for the practitioner who can at all times control and master the treatment (efficacy, side effects, dosage) and equally for the patient who can visualize their good prescription and the control of his or her treatment. Patient compliance with their treatment.

The ability to visualize by 3D Full Body Bio-Electro Scan modeling of organic problems in connection with certain symptoms reassures the patient. In effect, some pains or symptoms which have no explanation at the level of conventional exams can leave the patient feeling hopeless and/or helpless, since practitioners may propose no treatment, or treatments that are often difficult to understand (functional or alternative medicine). By visualizing an improvement of values by 3D Full Body Bio-Electro modeling, the patient can better accept the treatment.

Likewise, a patient who presents with a pathology and for whom the practitioner prescribes an allopathic treatment of long duration needs reassurance of its efficacy, its correct dosage and eventually that it does not cause side effects that are more dangerous than the illness for which he or she is being treated.

After 7 years of utilization in Europe and in Asia, regularly, the 3D Full Body Bio-Electro Scan system finds new clinical applications. It is currently used by all the medical specialties.

GENERAL MEDICINE

- Complementary with the conventional check-up examination
- Screening and regulation of targeted supplementary examination
- Therapeutic Follow up of the drugs
- Nutritional advice (nutritional program) and visualization of the effects

CHIROPRACTICS

- Complementary with the conventional osseous examination (Spine modeling)
- Muscular excitability visualization
- Lactic acid
- Pains visualization in the tissue (ischemia, vasoconstriction)
- Follow up immediately after the treatment with the functions FCM and follow up

PEDIATRICIANS

- ADHD children
- Therapeutic Follow up of the drugs

ENDOCRINOLOGIST

- Screening of hypothyroidism and diabetes
- Therapeutic Follow up of the hormonal thyroid treatment and adjustment of the doses
- Obesity, diabetes (Body composition)

CARDIOLOGIST

- Complementary with screening of cardiovascular disorders with the conventional methods
- (Heart modeling)
- Therapeutic follow up of the cardiovascular treatment and adjustment of the doses

PSYCHOLOGY AND PSYCHIATRY

- Depression unipolar and bipolar marker (Brain modeling and neurotransmitters)
- Therapeutic follow up of the treatment and adjustment of the doses

GASTROENTEROLOGY

- Complementary with the conventional methods for screening of digestive disorders
- (Digestive system modeling)
- Therapeutic follow up of the treatment and adjustment of the doses (Digestive system modeling)
- Nutritional advice (nutritional program) and visualization of the effects

UROLOGY

- Screening of prostate, bladder and renal disorders (modeling)
- Follow-up of the treatment and adjustment of the doses (modeling)

ANDROLOGY

- Screening of the stress and psychological disorders related to the erectile disorders (ED) (brain modeling, neurotransmitters)
- Follow-up of the treatment of the ED and treatment causing ED, adjustment of the doses

GYNECOLOGY

- Screening of the stress and psychological disorders related to the anguish of infertility and sterility (brain modeling, neurotransmitters)
- Follow up of the infertility and sterility treatment (modeling)
- Follow up of contraceptive pills (side effects) (modeling, biochemical values, body composition)

ONCOLOGY

- Follow up, early visualization of effectiveness, and the side effects of the chemotherapy

LABORATORY

- Blood tests
- Complementary information in the biochemical values

THERAPIES

- Visualization of the therapies and methods (modeling)
- Compliance of the client by visualization (modeling)

- Understanding of use of various employed methods and indications of these methods (modeling)

AURICULAR AND SOMATIC ACUPUNCTURE

- Help in the research of the points (Electroauriculogram)
- Visualization of the result (Functional control measurement)
- Compliance of the patient (modeling)

NUTRITION

- Body composition
- Nutritional and micro nutritional program
- Visualization of the effects of the nutrition (modeling)

HOMEOPATHY

- Help in the research of products (help in homeopathy)
- Visualization of the therapies and methods (Functional control measurement)
- Compliance of the client by visualization (modeling)
- Understanding of use of the products and implications in physiological tissue and microcirculation parameters (modeling)

SPORTS MEDICINE

- Body composition
- Clinical test of effort (Sport measurement control)
- Functional check-up in complementary with the conventional method

PHARMACEUTICAL LABORATORY

- Test of the products by the early visualization of the Treatment (modeling)

PAINS TREATMENT

- Visualization of the pain and follow up of the effect of different therapy in order to reducing it (modeling)

Contact us at 760-751-8321 to schedule your Full Body Medical Diagnostic Imaging Test.

PHASE ANGLE BIO-MARKER TEST

The pHase angle is defined as the relation between the two vector components of impedance: resistance and reactance and is independent of height, weight and body fat. It may be interpreted as an indicator of water distribution between the extra- and intra-cellular spaces. Lower pHase angles appear to be consistent with either cell death or a breakdown of the cell membrane due to acidosis. Higher pHase angles appear to be consistent large quantities of intact cell membranes and body cell mass due to alkalinity. All living substances have a pHase angle; in fresh uncooked vegetables pHase angle can exceed 45 degrees. In cooked vegetables phase angle is zero because they are dead. pHase Angle is a predictor of outcome and indicates the course of disease or increases as the result of optimal health based on good nutrition and consistent exercise. As we get older our pHase angle will decrease and will be approximately four or less upon death. Healthy and fit adolescents may have a pHase angle greater than 10. This effect is a result of cell integrity due to aging or fermentation of the body from an acidic lifestyle and diet.

1. Malnutrition
2. Tissue acidosis
3. Cancerous condition (most types)
4. Abusive acidic lifestyles
5. Chronic alcoholism, and,
6. Old age (80 - 100 years).

Good fitness and lifestyle is the key to maintaining a healthy alkaline pHase angle.

In summary, pHase angle is an excellent indicator of disease progression and should be combined with full body Thermography, full body Ultrasound, and Live and Dried blood analysis for a complete picture of health and fitness.

pHase angle may be thought of as a thermometer with a broad range of normal. We use it at the pH Miracle Living Center to monitor the practice of good health and fitness, which would include a healthy alkaline diet, the use of alkaline pH Miracle nutritional

supplements, alkalizing colonics, alkalizing massage and finally alkalizing exercise.

Section 9: Questions & Answers

Chapter 29 Questions & Answers

In this section, Robert and Shelley answer your questions

SLOW-GROWING CANCER?

Ellen Adams: My sister has cancer. Doctors told her it's a slow grower. She has a swallowing challenge. She's working to get back to taking the Super Greens. Why do some doctors tell you that they can't find a cure for so-called slow growing cancers.

Robert: There is no such thing as slow-growing cancer; there is slow spoiling of tissue. Things spoil. You can leave fruit out on the counter and it spoils. If you put it in the refrigerator, it spoils slower. We're talking about a systemic state of acidosis that is localized at the weakest part of the body from some physical or emotional disturbance which gives rise to these localized acidities that settle there. It's not about the throat. It's about maintaining the alkaline design. Is she doing the things to maintain the alkaline design. No, she's not. If she is having trouble swallowing, you can go through the nose or the bowels. You can go intravenously. You can put a feeding tube in. There are lots of ways to go. You have to liquefy this food. Recognize that this is not a slow-growing cancer. It's a slow fermentation process as the body is spoiling. She's rotting.

TUMORS

Rune Welling: Can a brain tumor, which is growing, be stopped with alkalizing? Is it the same with the liquids in the brain as in the rest of the body?

Robert: The approach to the pH Miracle is not to treat the tumor. The tumor is the solution to the problem, not the cause. Tumors are good because they are the expression of the body in preservation mode trying to prevent healthy tissues from spoiling. Tumors are the

body's way of encapsulating these morbid cells that have been spoiled by acids that are not properly eliminated through urination or perspiration and that all tumors are nothing more than fibrin that is being cross-linked to encapsulate these morbid cells in order to maintain the integrity of the healthy cells, much like a rotten apple will spoil all the healthy apples in a bushel of apples. We need to encapsulate that apple or those cells in order to preserve the health of all the other healthy cells or they'll spoil as well. That gives rise to the lymphatic system and its important role.

LYMPHATIC SYSTEM

Lillian S. Godsell: Can lymphatic massage be helpful?

Robert: The lymphatic system plays a critical role in moving acids out of the interstitial fluids of the body and to move those through the pores of our skin or back into the general circulation to be eliminated through urination. Its role is to move acid out of the tissues so it doesn't spoil your cells. That's why there are so many lymphatic cancers. Because once the lymphatic system pulls the acids out of the tissue, if it doesn't move it out through perspiration because you're not exercising, or it doesn't move it back into circulation and you don't urinate it, then the lymphatic system becomes congested. This is the reason for Hodgkins and Non Hodgkins Lymphomas and why lymph nodes become enlarged – because they're full of these acidic toxins that are not being properly eliminated. It helps to move acids out of the tissue like squeezing a sponge that is full of water. Rebounding, all these things that can help move the lymphatic system can be helpful – moving toxins out of the interstitial fluids in the body.

TRACK THE PH

Ellen: When I had esophageal and colon cancer. I threw up every time I drank the greens but I kept doing it. I drank alkaline water without the greens and slowly added the greens. Soon I was able to get the greens down. You need to make this a must not a should.

Robert: You've got to track the pH.

George: My girlfriend has cancer. When she takes the water from the Jupiter, she takes it from the highest pH and her urine is about a 4.5. If she stops taking the water from the Jupiter, her morning urine is about a 7:00am. Can you explain why that happens?

Robert: Take the pH in the morning before drinking any water, because that pH is an expression of the tissues. If you're taking in more electron-rich food, you're initially going to be moving out more acidities. So it will appear as though your urine is dropping down, but that's the body getting rid of these excess acids through urination.

Whenever you measure the pH and it's below 7.2, you immediately need to take a dose of any alkalizing buffer. If the pH is ranging in the 4s or 5s, you need to go to some [quad?] salts like potassium, sodium, magnesium, calcium, bicarbonates and immediately raise that pH. Do that when you're testing the saliva. If the pH is below 7.2, you want to bring that back up. You'll notice that after you've done that, the next urination is back in the alkaline zone. We want to see pH of the urine and saliva, minimum 8 and in some cases, we're forcing the pHs up to 9 and 10. Medical science can't believe that this can be accomplished, but it is. This is what saturates the tissues that neutralizes the acidity, and that's why the pHs then start at 7.2 and above rather than lower. You're not getting enough alkalinity. She's not doing enough. The Jupiter is great, but you've got to do more. You need to add compounds to take it up to the next level that are natural to the body's fluids.

If you're working with a medical doctor, talk about doing an IV, a saline solution of sodium bicarbonate to help support this alkaline design theory. Do all you can to force the pH up to saturate the tissue. This is the only way to prevent and reverse cancer and prevent recurrence. You don't want to just live for a couple more years or an extra month.

The water from the Melody Jupiter is excellent, but you need to put the pH drops in there. Pain is an effect of over-acidity.

PROSTATE AND BREAST CANCER

George D Marcelia: Why does cancer in women manifest mainly in the breast and men in the prostate?

Robert: In women, acid goes to the fatty tissues, and because the lymphatic fluid and blood goes into the breast and that is a fatty tissue, even the brain is a fatty tissue. This is where acids are thrown out to protect organs and sustain life, to protect the heart, the liver, to protect the circulatory system, to protect the body. The prostate sits just underneath the bladder, and when the bladder is over acidic, it can affect the prostate as well. When the bladder becomes enlarged, this puts pressure on the prostate, either way – the prostate can become enlarged as well. Any enlargement is the accumulation of acidity. So, there are several factors there, but it localizes at the weakest part.

What was the disturbing factor for Lance Armstrong? When you're sitting on your nuts all day long, riding a bicycle, that can cause a physical disturbance. Testicular cancer in him was related to putting stress in that place. What about Mohammed Ali? Too many blows to the head. There has to be some physical or emotional disturbance that then gives rise to these weak areas where acids can settle. Some things in lifestyle and diet may give rise to weaker areas. We go to genetic predispositions, like my father had a weakness in a particular organ or organ systems. They can constitute from 5 to 10% contributing factor, realizing that genetics is nothing more than the lifestyle and dietary triggers that we learn from our parents, that we acquire from our parents or progenitors, that are now manifesting in us, so that can be a contributing factor. So if breast cancer runs in the family, that can be a factor, a weakness, where acids can settle, but it always comes back to acid. Fat binds acid in the prostate, the brain, the liver, the breast.

Frederick Lore: Can you overdo your alkaline and your negative OH?

Robert: You can't overdo hydroxyl ions—another word for free radicals. This is where free radicals are actually good guys not bad

guys because the body releases free radicals to neutralize or buffer acids. So as we increase the hydrogen ions, it increases the hydroxyl ions, which is exactly what we want to do which means we are increasing electrons and decreasing protons. You can't overdo it because if you're a thinking, moving, breathing organism, you're always producing hydrogen ions or protons that need to be eliminated or neutralized. You can never overdo hydroxyl ions.

George: Should we give sodium bicarbonate by IV for a woman who has breast cancer? I asked the doctor to do it, but he was concerned that giving the IV of sodium bicarbonate could cause some crystallization in the veins. What should I tell the doctor?

Robert: IVs are administered by medical doctors. Your medical doctor is the only one who can administer the IV. The way that you do that is get a 1 liter bag of saline 1fl and you put in 250 mls of sodium bicarbonate, beginning with an 8.5fl solution to a 17fl solution of sodium bicarbonate

Sodium bicarbonate is a buffer that will neutralize the acid; therefore, the patient that you're working with should be on an alkalarian diet, where he's eliminated all beef, chicken, pork, fish, and dairy products because these contribute to cancerous cells and to over acidity which causes cancerous cells. We need to move to an alkaline diet as we are administering alkalizing compounds, like sodium bicarbonate or potassium bi-carbonate or potassium hydroxide. I'd be happy to talk to the medical doctor about this.

If you can't find a doctor in your area who will do the IVs, we have a licensed hospital with a staff of licensed medical doctors in Rosarita, Baja California—a 50-room hospital on the ocean where you can not only enjoy the beautiful scenery, which is alkalizing in itself, but also receive the pH Miracle alkalizing program in an incredible way. I have the supervision of doctors and nurses that have been trained in the New Biology – this alkalizing approach, the pH Miracle program with every meal prepared properly to lymphatic massage to the infrared sauna to the IVs to whatever needs to be done in order to move that process of alkalinity back into your system. Even to

providing more oxygen to the overall body through a hyperbaric chamber, an oxygen chamber, where you actually are infused with oxygen to begin the process realkalizing the body.

You can monitor the condition of the patient by getting results from the pH of the urine and blood. If the pH of the urine and blood are moving into an alkaline state, we're getting success. As the patient gets more energized all the blood parameters change to a more healthy state as well. If you want to do some kind of chemical therapy, why not use compounds that are natural to the body, which is sodium bicarbonate.

There are different ways to uptake these. You can take them orally; if they're colloidal drops you can take them under the tongue. You can swallow them. You can take them through any orifice, through the bowel because anything that goes in the bowel is taken up by the portal vein. The other way to get it is by IV from a medical doctor. Another way is through inhalation where you use a nebulizer to breathe it in. Breathing in your nutrition is a wonderful way to uptake some of these nutrients that otherwise cannot be delivered through IV.

PUBLIC AWARENESS

Richard Garzone: How can we get more people in the medical profession and public to listen and learn about this stuff so it can be used more? **Robert:** If you've got a connection with Larry King or Oprah Winfrey or NBC, ABC News or CNN, Shelley and I have been on some of those shows, but it's a matter of what sells. This is life-saving information and it should be on every front page and on every show, but most people just want to stay where they're at. Change is difficult.

Shelley: Getting this to the medical professionals will take more time. We notice more doctors getting tired of not curing their patients but rather dealing with drugs that have side-effects. The public is rising up and getting tired of dealing with side effects. I think it'll take an awareness for physicians and holistic and integrative people who want to merge the two for a while. We do have doctors that come to

the ranch and study with Dr. Young. We've talked to a few dozen of those, but it's going to take some time. We're finding more holistic approaches to help in healing, even in the evolutions of things like chemotherapy, we've discovered that they're backing off of the highly acidic chemotherapies and starting to change the pH of some of those administrations because they have been so harsh on people and their health. I think awareness will evolve with the public when people like yourself have to speak up and tell doctors what you're looking for and ask them to go research nutrition. Doctors receive little training in nutrition or digestion in medical schools. Most doctors who come to our retreats do not have an in-depth study of the intestinal villi and its connection to the blood. Dr. Young is great at teaching physicians, so let's hope that happens. Our goal is to provide as much free information and disseminate that to as many people as possible so they can know what it takes and what it is and what it feels like and how easy it can be to have incredible, extraordinary health, energy and vitality.

Host: If 100 people tell 10 people about this profound knowledge, that's 1,000 people. It's up to us to get this out there. Few doctors are into alternatives. They're only taught nutrition for a little time; supplements are not even talked about. But it is changing, and I see people starting to learn. When people say they are pH miracles, doctors have to listen.

PH BALANCE

Ed Klink: I've just gone on the diet and I'm on the phase where you try to get 100% raw foods and my pH is running between 6 and 6.4. I've been diagnosed with lymphoma.

Robert: If it's running between 6 and 6.4, you're not getting enough alkalinity. This is where the quad salts come in. This is where you can use the pH drops and the green drinks. This is where you can use 2 ounce dose per one teaspoon of sodium bicarbonate, potassium bicarbonate, put it in and chase it. You'll watch as you do that how many times it takes. Every time you urinate, test your pH. If it's down, take a 2 ounce shot of alkaline buffers to raise that pH up.

It's important that you raise the pH. You can do that inexpensively with the pH drops, with these alkaline buffers, sodium bicarbonate.

Ed: I'm using the pH drops and using the green juice. Where do you discuss the salts?

Robert: I talk about sodium bicarbonate in the book about weight loss. We have some wonderful recipes in there. Chapter 3 What does the Blood Have to Do With It? we have a new chapter on the food that has more alkaline foods that you can put into your diet, new recipes and then chapter 11 outlines the 7 steps to your ideal health, energy and vitality. You need to follow these steps. It does talk about the sodium bicarbonate.

Ed: If you go on that, should you see immediate progress or does it take time?

Robert: Once you start using the bicarbonate, you'll notice an increase in the pH of the urine and saliva quite dramatically. We do private consultations by phone. Call our office at 760-751-8321.

Paul Burton: I was diagnosed 3 weeks ago with thyroid cancer. I've been on your diet for 2 years, lost 70 pounds; it's been wonderful for me and so after I had this little bump on my neck and had them check it out and they found that I had cancer, they set me up for surgery but also found out in doing that that my kidneys were almost totally dysfunctional. So, my Catch 22 is that I have some issues with potassium and with phosphorus, so my livelihood in terms of food has been avocado and almonds. They want me to stop the use of this completely. They say my iron is low, so they want me to do meat, and they have me scheduled for surgery. I'm wondering, they're going to cut this out, and then inject me with something that will make me dysfunctional for 5 weeks. Should I continue to do spinach and almonds? I look great. I'm 60 years old; I look 40.

Robert: First, you don't have a thyroid problem—you have an acidity problem that's localized potentially in the thyroid, and that may not even be the problem. Here again, we have to look at the mouth or

the base tied to the bowels, the bowels tied to the blood, the blood tied to the brain, the brain tied to the body. It's what I call the 5 Bs. When we look at all these aspects, it's going to take more time than we have tonight then I can get into more detail, but I need more information. I would give our office a call and set up a consultation. Initially, you need to get the pH Miracle for Weight Loss. We need to evaluate your diet. I need to have a diary on your pH. If you are doing this program, the first question I ask is what was your morning pH? If you can't tell me your morning pH, how do I know you're doing the program? And if your pH is below 7.2, we need to investigate what you're doing that is causing an acidic state of tissue. Those are the questions I'll ask you.

Host: And also Dr. Young, if the pH is very high (8.5 or 9) the person is also very acidic because the body is throwing out alkaline buffers to try to neutralize the acid.

Robert: You won't generally see that. It's rare, particularly in a sick person.

Cheryl Labraderun: I found pH paper and when I did my urine in the morning, the pH paper is orange in color and it runs from 4 to 8. As you get closer to 8, it's green. Down by 4 it's orange. So when I've done my urine in the morning it's yellow. Is that below 4?

Robert: No, yellow would be more in the 5s. But it's the wrong color. The color you want to be is blue or a dark green. In order to be that, you need to be taking some alkaline doses of bicarbonate or sodium chloride or something that's going to raise the pH of the fluids before you go to bed. It's inexpensive, simple to do and highly effective. I recommend doing that through the day and testing the pH through the day and keeping that pH up. You don't want to be in the yellow or orange colors—you want to be in the green and the blue and purple colors. You can only achieve that by selecting the proper alkaline foods and drinks and also supplements. Unfortunately, few people know about this and do it. Good health is not something you get—it is something you do. It's something you have to work at daily. You train for good health. You'll be rewarded for your efforts.

Katherine: I need more protein, and I notice when I have more protein I do feel much better. When I want to do the pH drink, I have a little problem with soy. Is there some type of protein that I can add to help get rid of my cravings for food or protein that I need. People have recommended that I eat organic meat. I'm also low in iron, and underweight.

Robert: What's happened here is you've damaged the root system of your body. The reason you feel better on protein is because it passes through that 27 feet a lot slower and when you're eating the types of foods you should be eating. All you do is contribute more to the problem by eating meat. It's not that your body needs more protein, it needs energy. That's what you're really looking for. You can't get energy from protein other than you get a fuller feeling with the protein. At the same time, you're rotting your body and the body is actually feeding on itself, so you're breaking down your own body tissue in order to release the energy the body needs, so that's why you can never gain weight. And you'll never gain weight be eating protein.

The solution to the problem is this: You can't eat solid foods. You don't have the digestive system to handle solid food. Everything has to be juiced or pureed. You have to go from 3 meals a day to 12 meals a day

Katherine: Can cancer also be caused by an imbalance in hormones?

Robert: Well, hormones are acidic waste products of energy that's being used by glands. If you're using the thyroid, it will produce a waste product called thyroxin. If you're using the adrenals, the adrenals will produce a waste product called adrenalin. Hormones are the acidic byproducts. That's why they're all indicators of cancer because hormones cause cancer. Cancer is acid and hormones are acids. So, it's not that your body needs hormones; it needs energy. How do we get energy? We need the matrix system to do that.

That's why salt becomes one of the most important things we should be ingesting. You can't transfer energy from one place to another without a matrix of salt. People have taken salt out of their diet, which is suicide. What your body needs are the 4 food groups – you need more water, more sodium, more oxygen, and more nitrogen—and you need them in those forms. These are the 4 basic food groups. We can't get that from the types of foods that we currently are ingesting – beef, chicken, pork and fish. Since we can't get what we need from that food, we fill the void, but we don't get the energy that we're seeking. Since you have a compromised environment, your body is in a state of wasting – doing serious damage to the small intestine.

When you start eating avocado or pureed foods, it goes in goes out so fast because the intestinal villi, the little finger-like protrusions have been damaged so you have to eat more often. You'll have to graze throughout the whole day, and it has to be green because you have to build your blood and that's why you're anemic. You're not anemic because you don't have enough iron in your diet; you're anemic because you're not building healthy blood. You can't build healthy blood from wasting body cells; you have to build it from chlorophyll. You could probably do with a pint of chlorophyll a day. No one thinks about buying liquid chlorophyll and drinking the whole pint, but it's one of the best transfusions you can give yourself. You need to put that into your diet. You need to put green foods, more high chlorophyll content foods into your diet and because you can't digest them, you're going to have to blend them.

Hank Levin: I have two questions: 1) how do you find a doctor who would be willing to do sodium bicarb infusions? And 2) Is chelating useful for prostate.

Robert: Sodium bicarbonate is a form of chelation. When you put sodium bicarbonate in, you're going to chelate the acid. Chelation is a word that means to grab or neutralize and the same doctor that does the chelation will do the sodium bicarbonate drips. If you've got a doctor that's going to do chelation therapy, ask him about doing a

mineral drip. He'll say, What do you mean? I want the sodium bicarbonate, the magnesium, potassium, calcium drips. That same doctor will do these as well. **Hank:** Where could such a doctor get a run down on this whole combination? Of course, I was only thinking of the sodium bicarbonate solution.

Robert: You can call for a consultation and I'll talk to him and help him with this. They give sodium bicarbonate drips in the hospital. They just don't give them all the times people need them, other than if you're in a car accident, they take you to the emergency room, they hook you up to an IV of sodium bicarbonate, but you're in trauma. Guess what? When you're in a cancer state, you're in trauma. When you're in a diabetic state, you're in trauma. You don't hook yourself up to insulin; you hook yourself up to an IV of bicarbonate and neutralize the acidity because the body's breaking down. It's wasting, I'm melting. That's what diabetes means – to melt into sugar. If you're melting into sugar, sugar is a byproduct of breakdown, so the same thing happens in a cancerous body. The body is melting into sugar and that's the last thing the body needs. These things need to be discussed. They need to be studied. We're looking for that – the university that is willing to stand up and step up to doing the studies that need to be done to really make a difference in people's lives, which I know this can.

There is an oncologist in Rome, Italy, Dr. Tullio Simoncini, destroying cancer tumors with sodium bicarbonate. Sodium bicarbonate is safe, extremely inexpensive and unstoppably effective when it comes to cancer tissues. It's an irresistible chemical, cyanide to cancer cells for it hits the cancer cells with a shock wave of alkalinity, which allows much more oxygen into the cancer cells than they can tolerate. Cancer cells cannot survive in the presence of high levels of oxygen. Sodium bicarbonate is, for all intent and purposes, an instant killer of tumors. Full treatment takes only days, as does another cancer treatment that heats the cancer cells with laser generated heat.

Mia Kessler: My husband had bladder cancer and he no longer does and he's been using your program and products for 3 years. So what is this about the supplement glutathione and N-acetyl cysteine.

What are the other supplements that can be taken? Also, is it effective to take the greens in the caps as well as putting it in the bowel.

Robert: It's always better to put the greens into water than it is just to take the capsules, but if that's the way you need to start, than start that way and move up to putting 3 or 4 scoops into water. I like to put a little mountain of greens into my 1 liter bottle, shake it up and drink that. That's something you need to graduate to. As far as using glutathione and N-acetyl cysteine, those are available. Inner Light has an N-acetyl cysteine, but I don't believe they have a glutathione . They are the two most powerful buffers for acid, particularly when we're dealing with someone who has a degenerative condition, whether it be Parkinson's or cancerous tissues. Also, get the salt into the diet. That's where the flavor salt is important. Learn more about the flavor salt—the only colloidal liquidized 26fl solution of salt in the world. You can find it on our website, at pHmiracleliving.com, a very powerful alkalizing food product that you put on your food to raise alkalinity and electrical potential of the food. Most of this is outlined in the pH Miracle for Weight Loss. If you need more information on our program, go to our website or come to one of our retreats to see, hear, feel how it all works.

The difference between a cancerous cell and a normal cell is its change in metabolism going from respiration to fermentation. It does that when it's in an oxygen-deprived state, so hyperbaric chamber helps to return that oxygen state so the metabolism can take place in a proper way rather than producing lactic acid, which I believe, is one of the major contributors to cancerous tissue. One major food group that contributes lactic acid is the sugar lactose found in all dairy products.

The highest incidences of breast and prostate cancer are in cultures that eat lot of dairy products, which should be eliminated from the diet—any foods or supplements that have lactose in them. Get in the habit of reading the labels. Many supplements have hidden sugars. They'll sweeten up with fructose or anything that has “ose” – lactose, fructose, sucrose, you want to move away from all the types of

sugars.

All healing starts from the inside out, from the head down in reverse order as symptoms have appeared. All healing starts from the bowel—we have to go upstream. Of course, it starts in the mouth with our base diet. It starts with the bowel outward from the brain center to the organs it controls and in a reverse order as symptoms are stored in memory. You can't have a healthy body if you do not have healthy bowels. You have to clean up that environment. That area has to be alkalized with the proper foods and liquids that will do that. This is why this program should be monitored by those who are trained in the new biology, who understand the process of alkalizing. This is not something you should do on your own, especially when dealing with a serious condition. You won't get the results. You have to learn how to do this. You can read all the books, but you need to experience it. The pH Miracle retreats are such an easy way to gain the understanding. We're killing ourselves with what we're eating, what we're drinking and what we're thinking. If we can make the changes, we're going to get a different result. Rather than sickness and dis-ease, we're going to get health, energy and vitality.

Jennifer: A friend of mine has a little boy age 11 who was born with a degenerative muscle disease syndrome. They never expected him to live this long. She feeds him with a tube – all raw food. There's a few things I've been suggesting that she not do, such as eggs in the morning, but the question I have is The equipment that they use, they clean it with vinegar, like the tubes and any of the other equipment they use, the respirator. Is there any problem with using vinegar to clean all his equipment?

Robert: There is a better way to do that. The opposite side of the alkaline water that's being produced by the Melody Jupiter water machine. You can clean it with non-toxic water that has a pH of 2.5 or 3 without using diluted acetyl aldehyde called vinegar. So, no, I wouldn't use vinegar. I'd use a non-toxic agent that is low pH water that you can create through the Jupiter machine, which you can learn more about on our website.

The cure for cancer won't be found in its treatment, but in its prevention. When you learn this way of living, eating and thinking you can prevent many of the diseases that are in epidemic proportions, affecting so many people around the world.

The alkaline pH of the body is the key to sustaining our energy. Energy is what we're seeking—sustainable energy that's not going up and down, or trying to fake our body into moving rather than having reserves sufficient enough to draw on those particular energy reserves by which our body can be sustained for longer periods of time.

The body runs on electricity. We eat food for electrical potential. When we don't have energy, we lack energy, a state called enervation. When we go to enervation, we actually block elimination. Energy to enervation to elimination. When elimination is blocked, we start absorbing our own waste products. We want to avoid that at all costs.

To assess what impact acidity is having on our system, we measure the pH. It's the key measurement to be doing daily to maintain our health, energy and vitality.

Question: My wife has lung cancer. She's 47 years old, a non-smoker, small cell carcinoma—and they sent her home to die. Her death train is running faster than her life train, and they've got her hooked up to an IV of sugar. She can't move or even speak anymore. She's on a catheter and has no control of her bowels.

Robert: This all starts with the body going into preservation mode when it starts building up catarrh or bound-up acids from sodium bicarbonate. If you watch the pathology, it travels from irritation, to catarrh, inflammation, induration, to ulceration and then to degeneration—what we call cancer. Nature's order is interfered with by enervating habits that pull energy from the body until acidosis is established. Systemic acidosis localizes in the weakest part of the body. Take a vaccination as evidenced in the Gulf War Syndrome or the Spanish Flu epidemic or any so-called infection that seems to

happen during the holiday seasons when we're overindulging in high acidic foods—alcohol, pastries, meats—cause the most vulnerable organ, the bowels, to take on organic change. This organ, however, has nothing to do with the cause. And directing treatment to this organ is compounding the problem. Types of such nonsense are blood transfusions for pernicious anemia, gland treatment for gland impotency, cutting out stones or ulcers or tumors and the latest craziness is attempting to prevent breast cancer by doing a voluntary mastectomy. One of the most pernicious practices in vogue today is treating so-called disease with disease. That is immunizing with products of disease. Current medical practice calls this pathological thinking vaccination and it even includes the treatments that are chemically acid related, particularly in cancer, such as chemical therapy. If cause is not known, how is cure or prevention possible?

Richard Garzone: Two weeks ago, I had symptoms of pressure in my chest where I was taken to the hospital and they tried to find out whether I was having a heart attack or not. After that point they said my heart was healthy. They tried to find other explanation and they said I had pneumonia and gave me a bunch of antibiotics to take for that. They then sent me home and I took the antibiotics. I've been back and forth to the doctor 3 or 4 times. They are now doing a liver culture to see if there is something wrong with my liver. They don't seem to have a clue as to what is wrong with me, but I continue to have stomach pain and chest pain, fever. It's incredible. I don't understand it. The doctors don't seem to have a clue. I don't know what to do anymore.

Robert: First, medical doctors are focused on the symptom, not the cause. The cause always comes back to an over acidic lifestyle and diet. How am I living? What choices am I making in my thought processes in my exercising? What am I eating? What type of music am I listening to? Am I drinking alcohol? Am I smoking? All of these contribute to states of internal acidosis. And how is my body eliminating these acids that are being created through digestion and metabolism? Are my eliminations somewhat congested because my body doesn't have the enervation to move these acids out? They're

[acids] now building up in our bodies creating all the symptoms you just expressed. These are all symptoms of latent-tissue acidosis or our body is absorbing its own waste products. Of course, what sets in is uncertainty – what you're dealing with right now is emotional uncertainty. That uncertainty leads to fear. Fear leads to living in the future rather than living in the present. With the new biology and this pH miracle living, when you understand the cause, this tends to bring us to a place of peace because now we understand what is causing this. I'm doing this with my lifestyle and dietary choices. This is creating a state of over acidity and this over acidity is being expressed in all the various ways that the body is honking. The body is honking; it's not humming. So, you don't have to look at the symptom, you have to look at the cause. And the cause is What am I thinking? What am I eating? How am I living? You have to evaluate that. Yes, we can measure the pH of the urine, but that's an expression of levels of acidosis. But, what are your choices? Are you willing to make a commitment to change? It begins with conviction and the faith to make a commitment to change comes from knowledge. Knowledge is power. Without it as said in the Bible, My people perish because of lack of knowledge. If we have the knowledge, we don't have to fear what might happen because we understand the consequences of our choices. All of the symptoms you're experiencing, where do they all start? They started with your choices. What you're thinking. What you're eating. How you're living. You need to evaluate your lifestyle and diet. You have to study healthy people if you want to be healthy. Pneumonia is an expression of an over acidic lung. They say, well there's yeast in the lung. Pneumonia is a yeast out-fection. What's the yeast doing there? It's a breakdown of tissue caused by the lungs not eliminating through respiration its acids therefore the lungs are breaking down. Therefore, it's giving rise to yeast. What do we do, take an antibiotic to kill the yeast? That doesn't solve the problem. That's treating disease with disease and this is pathological thinking. I suggest that you read the book and start making better lifestyle and dietary choices.

Marcus, Amelia's fiancé: I've been listening to you and reading your books. The scientific community needs to hear this. I believe that your theories and practices are as ground breaking as those of Newton, Einstein, and Freud. Hence, there will be a lot of resistance to them. I encourage you to move beyond the resistance. Thank you so much for the work you're doing. Keep moving in the path you're going. I, for one, am grateful.

Robert: Thank you very much. We're grateful for people like you who support us. This work is God-inspired, and it will be moved forward as He deems necessary. We're trying to help as many people as we can. We're grateful for opportunities to share this message.

Nakima Kessler: I'm curious because I know people who have done chemotherapy and now they're okay. So, how do you explain that?

Robert: Well, that's the illusion. We attribute so much to some of these chemicals as if they've treated a specific disease, but I attribute that power to our innate intelligence within us to heal our bodies, not to some pathological chemical that's destroying the internal environment. I suggest that this person who has been through this process if you were to see the blood you'd probably say differently because I'm sure she's far from being out of the woods. If she's continuing to make the same choices, she'll experience the same consequences, sooner or later. If she's changed her lifestyle and diet and she's moving more to an alkaline lifestyle, exercising, and managing the stress in her life, then so be it. But if she is continuing the same lifestyle and diet that brought her to the consequences of her choice and tried to eradicate that with surgery and chemotherapy, I promise you that the same consequences will manifest again.

Ed Klink: I'm dealing with lymphoma. My wife and I are on the program and we've done the cleanse for 10 days. We're now in the 100fl raw phase of the program. We really didn't need to do a transition because we were already eating fairly well. Now we're on the raw food. Is there any bread or nuts during that phase that is permissible?

Shelley: No bread with yeast in it would ever be recommended on Dr. Young's program. I could suggest and it's probably still too early to add anything like a sprouted wheat tortilla is going to a dehydrated cracker. You're probably missing some crunch and munch in your diet, and that's why you're asking about nuts. Nuts can be soaked and then marinated in Real Salt or Flavor, which is a liquid salt Dr. Young, has developed with the minerals intact. You can actually soak any type of nut. We've been doing these here at the ranch. We've done walnuts, pine nuts, pecans, almonds, even macadamia nuts. You soak them overnight in a bowl of water and let them plump and then you drain them and dip them in a marinade of Real Salt or the Flavor. Then you take them out and put them into a dehydrator for two days, for 48 hours and they become snack crisp.

Those types of foods you could keep on your program. They're still considered a raw food. And until you kind of came out of the woods in your temporary state of imbalance of lymphoma, until you got to a place where you felt healed up and you didn't have lymphoma any more, I would probably stay with nut milks. Dr. Young encourages people who are dealing with serious levels of degeneration or any type of serious diagnosis, he likes them to stay on nut milks where we're soaking the nuts, adding fresh water to them and putting them into a blender and straining them, so you're just getting the milk of the nut. He finds that those things are more pre-digested and easier in the blood and tissues than the actual fiber of the nuts.

If you're feeling really good and your energies are up I think it would be really good for you to experiment with the nuts and make sure your digestion is handling them OK and that you're always dealing with real fresh organic nuts. And keep in mind that you want to dip them into a marinade of salt. Salt being this very important matrix that Dr. Young talks about to help you receive energy from those things. There is a seed cracker by Malk Family Farms. They have a seed cracker that's totally made out of seeds. It kind of looks like a little bird seed cracker that's very crunchy and munchy that you could go to for something like that, but usually on the program, the first 6 to 12 weeks we don't include any types of breads at all, even

the tortillas. We don't include them in the diet those first three months, just to make sure the blood is clean. I also suggest that a microscopist, either Dr. Young himself or a microscopist trained by him to give you a look at your blood.

Also, I recommend an appointment with a microscopist that could show you your blood baseline. The "dry test" (the microtoxic oxidative stress test) shows how much healing is going on, where in the body the degeneration is occurring. If you can get one of the microscopists to show you that and then maybe set appointments to see where you're going on it, maybe every 6 to 12 weeks, I think that would be a good monitor that would tell you when you can start adding other types of things into your diet.

Cheryl Labruserie: I have MS and Lymphoma. I heard you last week speak about baking soda. I'm trying to alkalize my body or give it a boost to be alkalized. I've been taking 2 teaspoons of baking soda with 8 ounces of water. And it has made me sick (throw up). My MS doctor told me not to do the baking soda. Should I continue?

Robert: First, you want to throw up. Better out of you than in you. That's the reason you have those conditions because you're full of your own waste products and when you start using sodium bicarbonate, you start pulling that waste product out which you didn't eliminate properly because of the lack of the energy to move those – enervation impedes elimination and so now, what you need to do is continue with the program and keep alkalizing the body and get these poisonous toxins, acids out of your system.

Second, baking soda is not part of your doctor's program. Unless you're run o" by an ambulance to an emergency room, they won't monitor the pH of the fluids of the body and hook you up to a saline solution of sodium bicarbonate, which is the first thing that should be done in any MS or cancer condition. Instead, they put you on sugar water, dextrose, as if that will provide some level of energy, when in reality the body is starving for energy and the matrix that supports that energy system which is sodium chloride, sodium bicarbonate, the quad salts, calcium bicarbonate, magnesium bicarbonate – all

the carbonates. The body is starving for it. The fact that you're having these violent reactions to it is an indication of how acidic you are. Your body has literally been a sponge for your own urine and feces that's been absorbed into your own tissue. If you want to get that out of you, you have to hydrate the body with alkalizing fluids and you have to do it in a way that's comfortable too as well. So, monitor that as you're detoxing. But there's very few medical doctors that are going to support this type of alkalizing approach because they don't understand the pH connection. They don't understand the cause and effect relationship. That's the pH Miracle. That's the phenomenon, but it's not well understood. You've experienced the cause and effect. You learn this in basic chemistry. You take 250 mls of vinegar (acetyl aldehyde) which is a waste product of a metabolite of sugar breakdown and you put a scoop of sodium bicarbonate in it and all of a sudden, you have a volcano. That's what's happening. You're literally throwing acid out of your tissues. It's the very thing you need to do. And yes more research needs to be done on this. I'm working with a doctor right now and a grant writer to write specifically the protocols of what I'm talking about here because this madness needs to end. Fighting disease with disease is pathological thinking. We need to start focusing on how to reestablish the alkaline design of the human body without using toxic, poisonous substances.

Third, should you continue taking baking soda? I'm not a medical doctor. My approach, as a biochemist and microbiologist and nutritionist, is a nutritional approach. You have to alkalize your body. The number one buffer in the body that is constantly created out of the body's sodium content is sodium bicarbonate. It's a biochemical process by which the body uses sodium chloride, splits those atoms apart to bind with carbon dioxide and water to form the sodium bicarbonate with a waste product hydrochloric acid, which the body tries to get rid of. That process continues to go on as the body tries to preserve its alkaline state. Unfortunately, we just keep throwing down the real cause, which is the acidic foods, liquid that we're drinking and the acidic lifestyle that we're living and we want to blame it on some virus, hepatitis C, HIV, I don't care what virus,

there's no virus on this planet that causes any disease. There's no scientific documentation that virus causes disease. Disease is a result of alkaline imbalance, how we're maintaining that internal environment – is it dirty? Is it clean? That's how simple it is. Are you out of balance or in balance? And those foundational compounds that the body is constantly making – that's why I said, Salt is your savior. If you want to save yourself, increase your salt content. What is the doctor telling you? Get o" salt. It's totally ridiculous. Can you imagine telling ocean fish you need to get o" salt? They're swimming in it. We're swimming in salt. Your body needs that, so we have to incorporate more of the 4 food groups –fat chlorophyll, salt and alkaline water. Those are the 4 food groups. There's no room for protein at all in this diet. There's no room for sugar of any kind in this diet. And the reason I say this is that they're not foundational to maintaining this alkaline design. So MS is not a disease. In fact, that is actually a condition of excess acidity. Lymphoma is not a disease; it's a condition of excess acidity in the lymphatic system not being able to move that acidity out quick enough so that becomes congested. You can't treat that. There's no way to treat that under conventional ways. All you do is kill the patient. That's what you end up eventually doing if you treat it, because it's not a disease. It's a condition of over acidity. Once we get that, it comes down to a four letter word – acid. If we're not managing our acid alkaline balance they our body is going to start honking instead of humming. And you need to break out of this MS and lymphoma box because that's just a figment of somebody's imagination.

Radiance Grace: I've followed your program the best that I can in measuring my pH in the morning. It goes from 7 to 6. I'm continuing with the rest of the program. I keep improving and getting better each day. I really believe in what you're doing. It's really making a difference in my energy. I'm no longer the walking dead. I'm a live person now and I have 50 times more energy than when I came to your retreat. I'm so grateful. I would like to know how long on the program will I stay on the program before I begin to see my liposarcoma tumor, which is the size of a cantaloupe on the back of my leg shrink? Is the program designed to actually shrink tumors?

Robert: Well, a tumor is not the problem; it's actually the solution to the problem. The problem has always been over acidity. Any time you have a pH that drops below 7.2 you take a 2 ounce shot glass of sodium bicarbonate. You force the pH consistently because tumors or cancerous cells sit in their own waste products. They literally reside in their own urine and feces. So you have to clean that up. The way you clean that up is over alkalize the body. We push the pH up into 8.5, 9 and 9.5. The medical area can't even believe this. They can't even believe a pH of the urine breaking 9.5 to 10. They don't even think it's possible. The reality is that it's possible to move this and we have to move it in order to literally saturate the tissues because any excess alkalinity is either going to be thrown out into the tissues or eliminated through urination. That's how we measure it because the pH of the urine is actually an indication of tissue acidosis or alkalosis. And the more we saturate that tissue, the more the body can then encapsulate those spoiled cells and then that tumor which is formed out of fibrin itself, fibrin monomers that are cross linking, the same thing that stops you from bleeding to death when you cut your finger is the same stuff that forms the tumor. The tumor is the solution not the problem. The problem is that we're constantly throwing kerosene on it, which is acid, not literally kerosene, but like it – acids, lactic acid from dairy, uric acid, sulphuric acid, phosphoric acid, nitric acid from proteins. We have to stop the dairy. We have to stop the proteins and we literally have to throw alkalinity around the tumor so the tumor can encapsulate itself, crystallize and begin to shrink. How long does that take? I don't know. How long did it take to get to where you are? If you've spent years doing it, do you think this is supposed to happen in a few days, a few months. It may take years to get out of it but it will eventually crystallize, become hard and eventually start breaking down. It's hard to say. It depends on your level of commitment. What is your level of commitment to change? Not just, I'm trying to do this.

I'm doing this 100% of the time. I'm not looking right or left. I'm walking straight down this path. I'm holding onto the rod of health that leads to the tree of life because I want more energy, more vitality, more health and I'm doing everything I can. I'm keeping

score. I'm testing my pH every time I urinate. I'm testing my saliva 5 minutes before I eat and 5 minutes after I eat. I'm monitoring these pHs. I'm monitoring the pH of my bowel eliminations. I'm monitoring my sweat after I exercise. Am I keeping my sweat alkaline as well? And this is when you're going to continue seeing increased energy, increased results in circulation, both in blood and lymphatic circulation for those that are doing the lymphoma thing. You're giving the body the support it needs to encapsulate the spoiled cells, crystallize and begin that process of breaking down which is really what a tumor is. A tumor is a good thing. It's only a bad thing when it doesn't have the support it needs to encapsulate, crystalize and breakdown because we continue in our acidic lifestyle and diet. That's all I can tell you right now, Radiance. Just need to take it up a notch. I sense from you that you're doing good but you can do better. You just need to take it up to the next level.

Lillian Gorsell: What do you recommend doing with the rebounder to move the system.

Robert: I'd recommend using it, getting on it and bouncing, starting with the health bounce that would run 5 or 10 minutes. You can find this in The pH Miracle for Whatever, the pH Miracle for Weight Loss. But not only moving the body up and down, which activates the lymphatic system and the flow of lymphatic fluids, but also moving the body forwards, going out for a walk, doing some cross trainer with an elliptical machine if you have any sort of challenges structurally. What Shelley and I do is run 5 or 6 miles every morning. We get out there and sweat because we realize that if we want to be healthy we have to pee and sweat our way there. You need to sweat everyday. A lot of times when you're rebounding, you're moving fluid, but you're not sweating. You've got to get in a place where you're doing it for a longer period of time so you can sweat and I generally don't really break a sweat until I really start moving forward rather than up and down. I like the up and down movement because it does activate the lymphatic system and you're exercising every cell in the body. So 15 to 20 minutes on that would be very helpful. You may also want to get out and move the body forward too.

Lillian: Could you tell me how lymphatic massage works?

Robert: Lymphatic massage works by moving the fluids along the lymphatic vessel. You're putting pressure up and towards the heart. Massage moves everything from the feet to the waistline, everything moves up the body or from the back and moves up and over the back, over the shoulders toward the heart along the lymphatic vessel. So there's no up and down motion. It's just an upward motion that's moving all the fluids, kind of like when you take a sponge and squeeze it. As you apply pressure, you're actually pushing acidity out of the tissues that's flowing into the capillary pools where it can be taken up by the lymphatic system and then taken back either out through perspiration or back to the circulatory system to be eliminated through urination. We give lymphatic massages here at the ranch every day. It's part of the overall program. That was one of the things Bob Hope did daily that increased his longevity was a massage every day. Well, a lymphatic massage can serve you even better.

Leslie Zollinger: I'm a natural health practitioner and have many clients, especially women, with thyroid problems. Can you talk about the endocrine system.

Robert: In the Oxford Dictionary, that means the root of truth. So, let's get to the truth of the matter, which is radical. The thyroid helps to regulate our energy system. And it does not operate on thyroxin. That's a waste product. All of the hormones are waste products. So to support the thyroid, you support it with salt. You say, well Iodine. No, you support it with salt. You support the whole endocrine system because it communicates through a matrix of salt. It's like our telephones. We have a matrix out there through which energy flows so you can hear my voice. And the thyroid actually is like one of those relay stations on top of the mountains. It helps to relay that information. "Hey, we need this. We need that." So it's a communication system. That's how I define the energy system of the human body. That's how I define then all these points in the body, which we call the endocrine system. So, it's not that we need

adrenalin; adrenalin is a waste product. So let's say the thyroid instructs the adrenals, "Hey we need more energy." Well, the waste products of the adrenals acting up to help the body say, "Hey, we need to break down some cells to release their electrical potential," the waste product of that is adrenalin. It's not like we need more adrenalin; we need less adrenalin. What we need is more energy. And so when we put more salt in the body, we provide the matrix, and we put more electron rich foods and liquids, then we provide the support the body needs so that the thyroid normalizes the adrenals and you just throw away all your medications because what they're treating is the effect. What are we looking at here? Over secretion or under secretion of a particular hormone.

Well, if there's an over secretion that means that the thyroid is overactive. If there's under-secretion of a hormone, it means it's under-active. It means it doesn't have the life force or energy so we're getting less hormone out of it. If we have some form of imbalance, yes there's going to be a waste product in the form of a hormone but we want those hormones to be eliminated from the body. We eliminate them through hydration. That's why I never recommend HRT any more. That's why I don't recommend natural HRT. I don't care if its natural or synthetic because all you're doing is poisoning the body and the body is reacting to that poison. How do we then put more energy into the body? That is the key because health is energy and our bodies are electrical. They don't run on hormones; they run on electricity and that's where you come to the high electron rich water. That's why I recommend 9.5 to 12.5 water so those who have a cancerous body - and when I say cancer, I'm saying acidic body - they're synonymous. Acid means cancer; cancer means acid. Cells are rotting. They're breaking down. Thyroids that aren't functioning are acidic and the marker of that acidity is in the hormone. So I don't want to raise or lower the hormones, I want to balance those, but it's kind of like I'm running my car, I'm burning energy and I'm measuring the carbon dioxide. And I say, Jeez, we've got less carbon dioxide or more carbon dioxide. What does carbon dioxide have to do with running my car? It's a waste product. And so you say, what do hormones have to do

with this other than the fact that the car's not running properly and therefore, I'm putting out less or more carbon dioxide or I don't have any fuel at all. So the key here is I'm going to put the right kind of fuels in the body. So, therefore, I'm changing and evolving and moving away from anything that's not going to support the alkaline design of the human organism. I'm not focused on the thyroid. I'm not focused on the pituitary. I'm not focused on the pancreas. I'm focused on the fluids of the body, the contextual approach, the environmental approach because I know that if I can alkalize the body sufficiently and I can get the body eliminating its own waste products then the thyroid's going to normalize, the pituitary's going to normalize. It's not going to be overactive. The adrenals are going to normalize, but I can't do that with drugs because drugs are focused on the effect. Nutritional supplements are focused on the effects. They're not focused on the cause. What is the cause – the over acidification of the blood and tissues due to dietary and lifestyle choices. So I can do this with my food choices; I can do this with my thought processes. Thinking is acidic. Most of us, just need to turn it off and that's hard to do. That's why most folks are going into meditation, prayer, yoga. Get into a peaceful state where they're not thinking about everything because we've got to get out of doing life; we've got to get into being life. Most people are doing this, doing that rather than being with their family and with their children. They're just doing their work just to survive. And that's a very acidic lifestyle. I think it goes back to the thyroid question because the thyroid is crying out – it's honking. It's not humming because it doesn't have the energy to run. So, we can't help a person with and hyperthyroidism or hypothyroidism with hormones. You just can't. You have to put more energy into the body and once you get that, you're going to see so many of your patients helped. It's going to happen and you're going to say, Wow! This stuff really works. And it does work. That's why I'm so passionate about it. It flat out works.

Therapist: So the salt and the hydration, the water are the two biggest keys for that.

Robert: It is, and it is the very thing the medical community is saying no to because they don't get it. The reason they don't get it is they're living and practicing a paradigm that's based upon a false premise—that germs cause disease.

Daniel with friend Bryan: Bryan has been doing Parkinson's and he's just read your website. How would he benefit from your three day retreat?

Robert: With Parkinson's, his brain's on fire. We put the fire out. You put it out with alkaline substances. You've got to know how to do that. You have to know the difference between vinegar, which is like putting kerosene on a fire vs. something like glutathione, which is going to help put the fire out. Each person should teach another person about this. I can't do it by myself. No one has to suffer from Parkinson's. We just put the fire out. We can teach you how to do that at the retreat. That's the value of the retreat.

Shelley: Raw apricot kernels have been used for their high levels of laetrile. I've seen those in different health food stores. I haven't developed recipes with them. When I tasted them years ago, they had a high bitter tone to them, so it's not like I'd have a fancy salad dressing with apricot kernels. They have high laetrile, which is an anti-fungal.

Robert: We haven't used laetrile as a compound to neutralize acidity. A more powerful neutralizer or buffer of acid than laetrile is glutathione. It's one of the most powerful tripeptides that is released by the white blood cells. 2,000 mgs of glutathione a day neutralizes acidity and helps reverse the cancer state.

Gail Merrill: I have done your protocol. I worked very hard at it. It was tremendous for me. It cleared out my lungs and colon, and I had a stunning experience with microscopy. I became aware of the emotional impact. I realized that even if I was doing everything dietarily, I had to deal with negative emotions that could get in the way of things. As you know, people living close to nuclear reactors have more of the so-called cancer. I found your protocol to be very helpful. I felt like a million bucks. That's why I continue it with

pleasure. I realize that changing my diet was really a matter of respecting myself. I tell people about your books and your books are flying off the shelves.

Robert: I express my love and gratitude for you and appreciate all you are doing to help everyone in your community. People like you are making a difference.

Gail: For the woman who thinks her friend with chemo. My mother is dead, having gone with her breast cancer to Sloan Kettering. In my opinion, it killed her. I think most of my family is of the opinion that it didn't work for her. She had all the money in the world, and I feel that the radiation treatment that I had for breast cancer caused Stage 1 Lung. Before I knew about you, my oncologist gave me chemo and he said to me later when I had the courage to ask because at the time I was so terrified watching my mother that I walked into the doctor's office stuttering. Months after she got hers 20 years earlier. My chemo is only 25 to 30% effective. I would never have done it if I had known about you. So, I had to heal from the chemo, not just the so-called cancer.

Question: How do you tell from the lab whether a cell is malignant or not? What are they looking for to determine malignancy or non-malignancy.?

Robert: They're looking for markers. They're looking for antigens for kidneys, it would be an increase in protein. In liver cancer they're looking for an increase in enzymes. For the prostate it's the PSA. With breast cancer and reproductive cancers, it's the CA125. They have these cancer antigen markers that are in the blood. They indicate that there may be some localized problem. It's not definitive, but it is a marker. Then they'll do imaging. – an x-ray, up to a CAT scan, MRI or PET Scan. Sonograms can be used.

Different ways to visualize. Sonograms are less toxic than PETs, MRIs and CAT Scans, any form of radiation is toxic to the body, especially imaging because of the chemicals that have to be taken. They contribute to a state of acidosis and further fuel the fire.

The body that is cancerous is on fire. Literally, it is on fire. That's why people with cancerous tissue suck on ice cubes. They're trying to put the fire out with ice. The bottom line is that it takes 3 things to make a fire. You've got to have oxygen. You've got to have some form of fuel. You've got to have heat. That fuel is acid. When you add that with oxygen and heat, you end up with tissues on fire. That's what cancer is. Tissue on fire. We want to put the fire out.

The San Diego fire destroyed thousands of homes. Many families were lost in this fire – it killed 30 to 40 people. We came back and over 3,000 trees had been destroyed and a lot of our [out ?] buildings were destroyed. We were by the grace of God spared, but this was a cancerous situation. We didn't pour more chemicals on that.

We were throwing water on it to put the fire out. But the right kind of water. Not to destroy any of the healthy trees. There are times when surgery is necessary. There are times when we have to clear a fire path and cut down some of the trees so that we don't lose all the trees. Sometimes we have to remove the cancerous tissue because the tumor is not well formed, it is not encapsulated, there's blood supply there, the tumor is enlarging because blood is flowing in which is being spoiled. It's causing the illusion of metastasis but in reality we have a localized spoiling going on, more of a domino effect. So sometimes that has to be taken out. But we do everything possible first to re-alkalize and establish the healthy alkaline state.

We can use medical tests to monitor that without having to do the imaging. And then use the live and dry cell analysis to help confirm that our alkalizing approach is working. And for the long term, if you decide to do both, traditional and complementary/alternative approach, we've found that this will reduce the toxic effects of the radiation and chemotherapy if you follow this program as well.

Here again, it comes down to your choice. It's your life. All cancerous tissue is preventable, reversible, curable but not all patients are. You have to have the right attitude. You have to have knowledge and understanding. Once you have that, then the pH miracle happens.

The pH miracle is a natural phenomenon, which is not understood by current medical savants – the relationship between cause and effect. Now that we understand the cause, we understand the effect and all we need to do is then make changes to our lifestyle and dietary choices to get a different effect. It is something within our control. When we are making that decision and choice with knowledge, that brings a tremendous amount of hope.

George Marcella: Should I be drinking ionized water with the greens daily?

Robert: If you talking about someone who is quite sick and never had ionized water – we're talking about a pH of 9.5 So, start them out slow and gradually work up. If you start out with 1 liter a day, you work them up to 2 liters a day , gradually work them up to 3. They can set their goals and write them down on a daily basis, based upon how they're feeling. I have clients that don't eat vegetables, don't eat green. The first time they start eating vegetables and greens, they throw up because they're so acidic. We congratulate them. That's just a way to move acids out of the body. Let's keep alkalizing, because eventually, they're amazed themselves they can build up their tolerance; it's just neutralizing their acidity. You just gradually work up to 1 liter per 30 pounds of weight or 1 liter per 15 kilos. If you take a 7 kilo man or woman who is 153 pounds, you're looking at approximately 5 liters a day.

A pH of 9.5. If you're using one of our Jupiter Melodys or whatever ionizer you're using, if you want to learn more about ionizing, go to our website. We'll use pHs in smaller doses pHs of 10.5 up to even 12.5 pH. You use a lot less with that concentration of ions. You'd start out with 1 or 2 ounces and work up to 3 or 4 ounces as they become more tolerable so we don't have a volcano, because that's what happens when we introduce too many electrons. They are going to attract those protons and of course they need to be eliminated out through the bowel or through the mouth or sometimes through the skin. You don't want to have an eruption, you want a gradual elimination. So start them out slow. We start them out at 9.5

We start out with a liter a day and gradually work them up.

Lillian S. Gorsel: I'm wondering what your objection is to chlorella.

Robert: It has a lot of chlorophyll, which is good. I find that it is not as effective in making changes as the grasses. Those things which are land based rather than sea based. I elected many years ago to take that out of my formulation and I noticed that the blood was significantly changed for the better by not having the chlorella in there. Then I started measuring it based on its vibrational frequency using Hertz meters. I found that it brought the vibrational frequency down. So that's another reason I took it out. I determined that it was probably not the best thing to use. Based on not only a scientific approach, but an emotional spiritual approach, it seemed to make more sense to me and the evidence in all the writings, going back to the Dead Sea Scrolls, to Chinese, to Judaism. It all pointed to grass. In fact, the word for eternal life in Hebrew [couldn't hear it] means that which will bring you eternal life, which is represented by grass. Grass is associated with eternal life. Generally, these types of algae's tend to form a more acidic water rather than more alkaline waters. Grass flourishes in alkaline water, where you find that algae's flourish in acidic waters. They perform different purposes. I perceive that chlorella, like mushrooms is designed to break down dead bodies, where the chlorophyll and the land greens such as the wheat grass and barley grass are the staff of life is what builds bodies. So that's philosophically and scientifically why the changes.

Host: I used to raise salt water fish. They're very delicate. I noticed that whenever there was algae or spirulina growing in the water, even though there was high chlorophyll, they would be gasping for air at the top of the tank.

Robert: That's a good point. When the fish are sick, you want to clear out the algae.

Cheryl Labrusiere: I've been trying your program. I was just at the cancer doctor. I went from a year and a half ago from a stage 0 now to stage 2 in a lymphatic cancer.

Robert: You basically activated your lymphatic system, and as you start hydrating and moving away from acidic foods and start sweating and getting the lymphatic system functioning better, you're going to see improvements in the stages that doctors like to label it. You might try the lymphatic massage and infrared sauna and exercise that makes you sweat would be good too. You have to do this daily. Lymphatic massage every day. Dry heat sauna every day. 4 – 6 liters of alkalizing fluids every day. It's increasing the amount you urinate, the amount you defecate. You've got to get up into the 4, 6, 8, 10, 12 times a day. When you're truly hydrating, you'll be urinating 10 – 12 times a day. Eliminations are going to go from 1 to 2 up to 6 to 8 times a day, releasing all these toxins that have built up over the years of making poor dietary and lifestyle choices.

Christian Dawn: My husband has Hepatitis C and he has a really high viral load right now which I know that cancer is just lurking around the corner I'm monitoring and I feel like I'm pushing and he's pushing against me. Do you have any advice for the person who is very concerned about the welfare of the person in their family? He doesn't want to go the pH Miracle route?

Robert: Unfortunately, you can lead a horse to water, but you can't make him drink. They have to be willing themselves. You can't change a person's mind if he's of that particular mindset. You can give them information and education but they have to be convinced themselves. You have to move folks to the opportunity and then allow them free agency to move ahead in a positive way or they'll resist it.

I don't know of any way you force somebody against their will.

Shelley: I think sometimes, as a staff, we're too close to the individual. Sometimes it's better to push some education in front of the person and ask them to do some reading and research on their own and come to their own idea. I've always found that education is motivating to people and if it becomes their idea, all the better rather than a wife or husband continually suggesting , then it goes into

harping or henpecking. Start making alkalizing foods, make them very delicious and nutritious, but not pointed out at all, make it very enjoyable, presentation is everything. You need to make the changes you want him to make. Lead. Put some education in front of him – the pH Miracle book, the pH miracle for weight loss, the pH Miracle for Diabetes - they're all beautifully written, easy to read, easy to understand. If it were my husband and I'd be as concerned as you are, I'd ask him, "I really need you to do something for yourself and for me and that's to read this. Would you please read and absorb this and tell me what you think about it. That way, it's a favor they do for you and it's not coming into a contentious thing where you feel like someone is harping on you all the time to do something about it. Generally, us females, wives and mothers are more nurturing people. We are the ones that will call and go to a doctor. Women will go to a doctor much quicker than a man would. Males will wait until they're on death's door before they go and do something. Some people are really fearful of finding out they have some big problem. They don't want to hear bad news. If we can adopt an attitude of knowledge being powerful and being motivating for us to make some changes, then I think that can be a good motivating factor. I think the thing that's missing in most people's awareness is the fact that the intestinal tract is the internal root system of the body. I don't think enough people understand the close connection of blood and bowel, that everything goes down into those intestinal villi pockets and are absorbed directly into the blood stream – so education.

Radiance Grace: Please clarify when you recommend surgery? My liposarcoma tumor has been encapsulated as shown by MRI and I would like a clear thorough answer about when to do surgery and when not to do surgery.

Robert: The definitive answer to that is if it's spoiling other tissue. If it's encapsulated and not getting any bigger, you can continue to live with it other than the discomfort and unattractiveness of that particular tumor formation. If it's not creating any congestion or fluid hydration of the tissue. If you're able to walk. If you're able to move.

If there's no pain associated. You can live with these tumors without a problem. We all have them to a greater or lesser degree somewhere in our bodies. They may be a fatty tumor. Many of us have those. If it's branching out, if it's expanding, spoiling more tissue, this is when it needs to be taken out. Cancer is systemic. It spoils everything it comes in contact with. It doesn't matter how many body parts you take out. If you don't change your lifestyle and diet, you're just looking for more problems. You have to do this with knowledge in that cancer is a systemic problem—it is a liquid that is spoiling the tissues. It localizes in the weakest part of the body. If I remove a body part, if I remove a breast, if I remove a prostate, this does not solve the problem, it just removes the part that has been significantly spoiled. I still have to protect the healthy tissues with properly alkalized energized lifestyle and dietary choices.

Radiance: I've been studying traditional cultures who eat animal products, dairy and make their own alcohol drinks. How do you explain their vitality and longevity?

Robert: Are they living to 500 years like the ancients? No, these people are dying in their 70s, 80s 100s. Is their quality of life measured? If these folks have longevity within their own genetics, how long could they live if they were living a healthy diet? And longevity is not increasing, it's decreasing. It's only affected by the fact that we can keep more babies alive. People are not living longer. Their health is not better. So what is happening to a lot of these cultures is their life expectancy is getting worse, because toxicity is building up from one generation to the next generation. Here's the question I ask you, How long would these people live if they were practicing these principles – maintaining the alkaline design? I suggest, much longer—without all the pains, aches and suffering that goes with making acidic lifestyle and dietary choices.

Appendix 465

Appendix

Resources 467
Recommended Reading 473
References 477
Alkaline Foods Chart 571
About the Authors 579

Resources

To learn more about an alkalizing lifestyle and diet read The pH Miracle 1 and 2, The pH Miracle for Diabetes, The pH Miracle for Weight Loss and Reverse Cancer Now! by Dr. Robert O. Young and Shelley Redford Young or go to our website:
www.phoreveryoung.com

To join our healthy alkaline community, the pH Miracle Living Community, go to: www.phmiracleliving.com

For the truth about cancer, I suggest listening to my 8 CD set: The pH Miracle for Cancer. To order your set, go to:
<http://www.phmiracleliving.com/audios.htm>

Learn more about this program on our website or in our books, The pH Miracle, The pH Miracle for Diabetes, The pH Miracle for Weight Loss, Back to the House of Health I and II and Sick and Tired

To join our pH Miracle Living Community, go to:
www.phmiracleliving.com For other articles of Dr. Robert O. Young, go to: www.phoreveyoung.wordpress.com

To learn the truth about water read, "You Are What You Drink" in Dr. Young's book, The pH Miracle for Weight Loss and the following article that details this. <http://www.phmiracleliving.com/t-cancer-intro.aspx>

For more on the pH Miracle, healthy weight loss and the alkalarian approach to vibrant health please consult the following:
<http://www.phmiracleliving.com/index.html> Sick and Tired, Reclaim

Your Inner Terrain, Dr. Robert O. Young and Shelley Redford Young contributor (Woodland Publications 2001) The pH Miracle, Dr. Robert O. Young and Shelley Redford Young (Time Warner 2002) The pH Miracle for Diabetes, Dr. Robert O. Young and Shelley Redford Young, contributor (Time Warner 2004) Back to the House of Health, Shelley Redford Young and Dr. Robert O. Young contributor (Woodland 1999) includes overview of the New Biology, Phasing and Transition ideas, and recipes for foundation, framework and roof sections of the Alkalarian diet. Back to the House of Health 2, Shelley Redford Young and Dr. Robert O. Young contributor (Woodland 2003) includes many delicious alkalizing recipes and also those entrees in the first pH Miracle Recipe contest. More nutritional information added. For a complete list of all acidic fruits and vegetables that may increase acidity in the blood and tissues, read The pH Miracle for Weight Loss by Dr. Robert and Shelley Young. www.phmiracleliving.com

For a more in-depth explanation of fat metabolism vs. sugar metabolism, read Sick and Tired, The pH Miracle for Diabetes by Dr. Robert O. Young and myself, or Slow Burn by Stu Mittleman.

The pH Miracle
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Robert O. Young: <https://www.facebook.com/profile.php?id=100007707879435>

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To become a pH Miracle Coach or Microscopist, go to www.phoreveryoung.com or www.phmiracle.com or call 760-484-1075

To attend a Retreat at the pH Miracle Living Center in Valley Center, California or the pH Miracle Ti Sana Medical Spa in Como, Italy, go to: www.phoreveryoung.com or www.phmiracle.com or call 760-484-1075

To obtain a water purification and ionizing system for the home, work, city, state or country, go to: phoreveryoung.com or call 760-484-1075.

For organically grown California avocados, picked fresh off the tree and shipped to you next day: 760.751.8321; www.phmiracleliving.com or www.phoreveryoung.com

Extra-virgin coconut oil: Garden of Life, 800-622-8986; www.gardenoflifeusa.com

Heat Wave Seasoning
Cape Herb and Spice Company,
distributed by Profile Products:
P.O. Box 140, Maple Valley, WA
98038; 425-432-4300; www.elements-of-spice.com

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There are many organic food distributors, here's one we like: Whole Foods Market, Inc.

550 Bowie Street

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512-482-7000 fax

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www.omeganutrition.com

Imagine Foods, Inc. 350 Cambridge Ave. Suite 350

Palo Alto, CA 94306 www.imaginefoods.com

Fitness Trampoline by Jump Sport www.jumpsport.com

1-888-567-5867

Recommended Reading

The Colon Health Handbook Robert Gray
Emerald Publishing
Reno, Nevada

Dressed to Kill
Sydney Ross Singer and Soma Grismaijer Avery Publishing Group
Garden City Park, New York

Earl Mindell's Soy Miracle Earl Mindell
Simon & Schuster
New York, New York

Enzyme Nutrition
Edward Howell
Avery Publishing Group, Inc. Wayne, New Jersey

Fats That Heal-Fats That Kill Udo Erasmus
Alive Books
Burnaby, British Columbia, Canada

The HarperCollins Illustrated Medical Dictionary HarperCollins
New York, New York

The Healing Power of Chlorophyll from Plant Life Bernard Jensen
Bernard Jensen Enterprises
Escondido, California
Herbal Nutritional Medications National Health Research Association
Alpine, Utah

Hidden Killers
Dr. Erik Enby
Sammelweiss-Institut Steinweg, Germany

A Holistic Protocol for the Immune System Scott J. Gregory
Tree of Life Publications
Joshua Tree, California

Is This Your Child's World? Doris J. Rapp, M.D.
Bantam Books
New York, New York

The Juicing Book
Stephen Blaver
Avery Publishing Group, Inc. Garden City Park, New York

Prescription for Nutritional Healing J. F. Balch and P. A. Balch
Avery Publishing Group
Garden City Park, New York

Reclaiming Our Health John Robbins
HJ Kramer, Inc.
P.O. Box 1082
Tiburon, California 94920

Slow Burn
Stu Mittleman HarperCollins
New York, New York

Touch for Health
John F. Lie, D.C.
DeVorss & Co.
Marina del Rey, California

Wheatgrass Book
Ann Wigmaker
Avery Publishing Group, Inc. Wayne, New Jersey

The Yeast Connection, A Medical Breakthrough William G. Crook
Professional Books
Jackson, Tennessee

References

1.) Neu5Gc is found only in animal meat. Neu5Gc appears to have a strong link to cancer and heart disease.

Notes: Neu5Gc is not produced by the human body or our great ape ancestors (probably due to a common mutation). But Neu5Gc is usually always found in human tumors. The inflammation it causes seems to feed tumors and harden arteries.

Source: Diversity in specificity, abundance, and composition of anti-Neu5Gc antibodies in normal humans: potential implications for disease. *Glycobiology*. 2008 Oct;18(10):818-30.

2.) Top 15 foods for advanced glycation end products (AGEs) are all meat sourced with roasted BBQ chicken skin and fried bacon being the top.

Notes: AGEs are gerontotoxins (aka aging toxins). AGEs cause proteins to cross together causing stiffness, oxidation stress, and inflammation in muscles, brain tissue, eyes, heart, bone, red blood cells, and kidneys. Thought to contribute to muscle loss as we age.

Source: Advanced glycation end products in foods and a practical guide to their reduction in the diet. *J Am Diet Assoc*. 2010 Jun;110(6):911-16.e12.

Source: Does accumulation of advanced glycation end products contribute to the aging phenotype? *J Gerontology A Biol Sci Med Sci*. 2010 Sep;65(9):963-75. Epub 2010 May 17.

3.) Arachidonic acid (naturally found in animal foods) is linked to brain inflammation, depression, anxiety, and stress.

Notes: Arachidonic acid is used by our bodies to create inflammation. Our bodies produce all the arachidonic acid we need unlike other animals (e.g. cats) that produce little to none because their bodies expect to get theirs from their diet (meat). Excess arachidonic acid means excess inflammation.

Source: Preliminary evidence that vegetarian diet improves mood. American Public Health Association annual conference, November 7-11, 2009. Philadelphia, PA. 4.) Chicken and eggs are the top sources of arachidonic acid.

Notes: Humans already produce the natural levels needed for our bodily functions.

Source: National Cancer Institute. 2010. Sources of Selected Fatty Acids among the US Population, 2005–06.

5.) A single meal of high-fat animal products has been shown to spike inflammation within hours that can stiffen one's arteries.

Notes: Sausage and egg Cuffing were used as the high fat meal in the study. Possible explanations could be the saturated fat or endotoxemia (see points 7, 8, and 9 below).

Source: Effect of a single high-fat meal on endothelial function in healthy subjects. *Am J Cardiol*. 1997 Feb 1; 79(3):350-4.

6.) High-fat animal products consumed will cause inflammation within the lungs. *Notes: Same study as above.*

Source: Effect of a single high-fat meal on endothelial function in healthy subjects. *Am J Cardiol*. 1997 Feb 1; 79(3):350-4.

7.) Significant levels of bacterial toxins are found in animal products that cause endotoxemia (bacterial toxins in the bloodstream) within hours of eating.

Notes: 40 different types of common foods were tested.

Source: The capacity of foodstuffs to induce innate immune activation of human monocytes in vitro is dependent on food content of stimulants of Toll-like receptors 2 and 4. *Br J Nutr*. 2011 Jan; 105(1):15-23.

8.) Bacteria endotoxins from animal products have been shown to survive high heat cooking for long periods, acid (like our stomachs), and digestive enzymes.

Source: The capacity of foodstuffs to induce innate immune activation of human monocytes in vitro is dependent on food content of stimulants of Toll-like receptors 2 and 4. *Br J Nutr*. 2011 Jan; 105(1):15-23.

9.) Endotoxins have a strong affinity for the fat transport system in our digestive tract.

Notes: Since our body is using our fat transport system to let in all the saturated fat (which our body loves to absorb) from the animal products the endotoxins can slip right in.

Source: The capacity of foodstuffs to induce innate immune activation of human monocytes in vitro is dependent on food content of stimulants of Toll-like receptors 2 and 4. Br J Nutr. 2011 Jan; 105(1):15-23.

10.) Even wild, grass consuming animals cause inflammation in our bodies. *Notes: Inflammation was less than domestic animals. It is believe that the lower fat percentage for wild animals explains this.*

Source: Differences in postprandial inflammatory responses to a 'modern' v. traditional meat meal: a preliminary study. Br J Nutr. 2010 Sep;104(5):724-8.

11.) Dietary fat of animal origin is linked to pancreatic cancer.

Source: Dietary fatty acids and pancreatic cancer in the NIH-AARP diet and health study. J Natl Cancer Inst. 2009 Jul 15;101(14):1001-11.

12.) The consumption of chicken has been shown to cause urinary tract infections.

Source: Food reservoir for Escherichia coli causing urinary tract infections. Emerg Infect Dis, 16(1):88-95, 2010.

13.) Feeding of cow brains to fish is still legal in the United States (brain cows being fed to cows and other livestock used to be legal and practiced a few years ago) and German scientists have shown fish can acquire mad cow disease.

Notes: Please provide any information if the feeding of cow brains to fish is no longer practiced or legal in the United States.

Source: Evaluation of the possible transmission of BSE and scrapie to gilthead sea bream (Sparus aurata). PLoS One, 4(7):e6175, 2009.

(Sparus aurata). PLoS One, 4(7):e6175, 2009.
279, 2009.

Source: Food and Drug Administration, HHS § 589.2001

14.) Cholesterol has been shown to feed and promote the growth of cancer.

Source: Cholesterol and breast cancer development. Current Opinion in Pharmacology. 2012 12 (6):677–682.

15.) Half an egg a day or more is shown to double the odds of mouth, throat, esophageal, prostate, and bladder cancer; triple the odds of colon and breast cancer.

Notes: May be explained by the dioxins present. While banned, levels are still present in our food and seem to be worst in animal products.

Source: Egg consumption and the risk of cancer: a multisite case-control study in Uruguay.

16.) The obesogen (chemicals that signal cells to turn into fat cells) organotin has been found in large amounts in fish.

Source: Environmental obesogens: Organotins and endocrine disruption via nuclear receptor signaling. Endocrinology, 147(6 – Suppl):-50, 2006.

Source: Dietary intake of organotin compounds in Finland: a market-basket study. 17.) Meat has little to no antioxidants. Most can't beat iceberg lettuce.

Notes: One animal source of food did have an extremely high amount of antioxidants: human breast milk.

Source: The total antioxidant content of more than 3100 foods, beverages, spices, herbs and supplements used worldwide. Nutr J. 2010 Jan 22;9:3.

18.) High levels of PCB (industrial toxin) in fish oil, fish, and eggs (94fl of eggs tested).

Source: European Food Safety Authority; Results of the monitoring of non dioxin-like PCBs in food and feed. EFSA Journal 2010; 8(7):1701. [35 pp.]. doi:10.2903/j.efsa.2010.1701.

19.) Harvard studies of 37,698 men and 83,644 women, over 22 and 30 years, respectively, found red meat to increase total mortality rates and cancer mortality rates. *Notes: Results were after controlling for age, weight, alcohol, exercise, smoking, family history, calorie intake, and intake of whole plant foods. Nuts were found to be protective when taken as an alternative protein source.*

Source: Red Meat Consumption and Mortality: Results From 2 Prospective Cohort Studies. Arch Intern Med. 2012;0(2012):201122871-9.

20.) Nitrites in processed meat form nitrosamines (carcinogens also found in cigarette smoke) and are associated with the two leading pediatric cancers, brain tumors and childhood leukemia.

Notes: Hot dogs have some of the highest levels. Pregnant women should probably avoid hot dogs.

Source: A meta-analysis of maternal cured meat consumption during pregnancy and the risk of childhood brain tumors. Neuroepidemiology. 2004 Jan-Apr;23(1-2):78-84.

Source: Nitrites, nitrosamines, and cancer. Lancet. 1968 May 18;1(7551):1071-2. 21.) 47fl of U.S. retail meat tested is contaminated with staph (Staphylococcus) bacteria. Multidrug resistant strains were common.

Notes: Turkey was the most common with 77fl and chicken and pork with 41fl and 42fl respectively. A superbug version (methicillin resistant) was also found of MRSA that can jump from pig to human.

Source: Multidrug-Resistant Staphylococcus aureus in US Meat and Poultry. Clin Infect Dis. 2011 May;52(10):1227-30.

Source: Infectious disease. From pigs to people: the emergence of a new superbug. 22.) Eating meat just a few times a month greatly increases the chances of abdominal aortic aneurysm.

Notes: Once an abdominal aortic aneurysm begins to tear you have less than a 15fl survival rate.

Source: Analysis of risk factors for abdominal aortic aneurysm in a cohort of more than 3 million individuals. J Vasc Surg. 2010 Sep;52(3):539-48.

23.) Our liver can only detox about 50fl of the heterocyclic amines (carcinogens) formed from cooked chicken. Not the originally thought 99fl which other animals can. *Notes: The animal that can detox 99fl is the lab rat. Thus, the prior incorrect conclusion.* Source: Biomonitoring of urinary metabolites of 2-amino-1-methyl-6-phenylimidazo[4,5-b]pyridine (phip) following human consumption of cooked chicken. Food Chem. Toxicol., 46(9):3200-3205, 2008.

24.) One of the longest running studies showed meat consumption to increase allergies. This included asthma, bee stings, drug allergies, and hay fever.

Notes: Meat (including fish) consumed by pregnant woman can cause their children to have allergies.

Source: Knutsen SF. Lifestyle and the use of health services. Am J Clin Nutr. 1994 May;59(5 Suppl):1171S-1175S.

Source: Maternal meat and fat consumption during pregnancy and suspected atopic eczema in Japanese infants aged 3-4 months: the Osaka Maternal and Child Health Study. Pediatr Allergy Immunol. 2010 Feb;21(1 Pt 1):38-46. Epub 2009 Jun 23. 25.) Putrescine has been determined to be a carcinogenic. Putrescine is found in food even when not spoiled. Highest level in canned tuna.

Source: Toxicological Effects of Dietary Biogenic Amines. Current Nutrition & Food Science, Volume 6, Number 2, May 2010, pp. 145-156(12)

Source: Significance of biogenic amines to food safety and human health. Food Research International, Volume 29, Issue 7, October 1996, Pages 675-690.

26.) 100fl of human Yersinia enterocolitica outbreak over the last decade was caused by pork.

Notes: Y. enterocolitica usually causes bloody diarrhea and can have very harmful long-term effects if left untreated. Half of American pig herds were found to be infected.

Source: Ranking the disease burden of 14 pathogens in food sources in the United States

using attribution data from outbreak investigations and expert elicitation. J. Food Prot. 75, 1278 – 1291 (2012).

Source: Prevalence of pathogenic *Yersinia enterocolitica* strains in pigs in the United States. Appl. Environ. Microbiol. 71, 7117 – 7121 (2005).

27.) Processed meat is greatly associated with stomach, colon, rectum, pancreatic, lung, prostate, testicular, kidney, and bladder cancer.

Source: Canadian Cancer Registries Epidemiology Research Group. Salt, processed meat and the risk of cancer. Eur J Cancer Prev. 2011 Mar;20(2):132-9.

28.) Even small amounts of meat consumption less than once a week is linked to degenerative arthritis.

Source: Associations between meat consumption and the prevalence of degenerative arthritis and soft tissue disorders in the Adventist health study, California U.S.A. J Nutr Health Aging, 10(1):7-14, 2006.

29.) After breast cancer diagnosis, increase in saturated fat consumption increased mortality from breast cancer by 41%.

Notes: Top 5 saturated fat sources include cheese, pizza, pastries, ice cream, and chicken (notice beef is not in the top 5).

Source: Post-diagnosis dietary factors and survival after invasive breast cancer. Breast Cancer Res Treat. 2011 Jul;128(1):229-36.

Source: National Cancer Institute. 2010. Top Food Sources of Saturated Fat among US Population.

30.) Poultry consumption is associated with an increase in lymphoma (blood cancer).

Source: Consumption of meat and dairy and lymphoma risk in the European Prospective Investigation into Cancer and Nutrition. Int J Cancer. 2011 Feb 1;128(3):623-34. 31.)

Chicken handling significantly increased risk of dying from penile (penis) cancer, thought to be due to exposure to cancer causing viruses in poultry.

Source: Cancer mortality in poultry slaughtering/processing plant workers belonging to a union pension fund. Environ Res. 2010 Aug;110(6):588-94.

32.) 14% of retail eggs contain viruses of the leukosis/sarcoma group.

Notes: These viruses are one of the most potent cancer causing viruses in chicken. Virus exposure to humans seems to increase the risk of dying from several different cancers.

Source: Detection of exogenous and endogenous avian leukosis virus in commercial chicken eggs using reverse transcription and polymerase chain reaction assay. Avian Pathology (1999) 28, 385±392

Source: Cancer mortality in poultry slaughtering/processing plant workers belonging to a union pension fund. Environ Res. 2010 Aug;110(6):588-94.

33.) Besides cancer, poultry workers suffer more from a range of diseases (e.g. thyroid conditions, schizophrenia, autoimmune neurological disorders, peritonitis, and disease of the kidneys).

Source: Mortality in the Baltimore union poultry cohort: non-malignant diseases. Int Arch Occup Environ Health. 2010 Jun;83(5):543-52.

34.) Cured meat seems to increase the chance of getting chronic obstructive pulmonary disease (COPD).

Notes: COPD is generally defined as lung diseases (e.g. emphysema). As of 2012, COPD is the third most common killer in the United States.

Source: Consumption of cured meats and prospective risk of chronic obstructive pulmonary disease in women. Am J Clin Nutr. 2008 Apr;87(4):1002-8.

35.) Increased meat consumption increases the risk of developing cataracts. 35.) Increased meat consumption increases the risk of developing cataracts. 35.

36.) Bacteria-eating viruses (bacteriophages) have been approved as meat additives.

Source: Bacteria-eating virus approved as food additive. FDA Consum. 2007 Jan-Feb; 41(1):20-2.

37.) Meat contaminated with fecal food-poisoning bacteria (e.g. salmonella) can legally be sold.

Source: Public knowledge and beliefs about diarrheal disease. Foodborne Pathog Dis. 2011 Jan; 8(1):165-7.

38.) Meat, fish, cheese, and general animal protein intake have been associated with an increased risk of inflammatory bowel disease (IBD).

Source: Animal protein intake and risk of inflammatory bowel disease: The E3N prospective study. Am J Gastroenterol. 2010 Oct; 105(10):2195-201.

39.) One of the largest studies ever links meat consumption with increased overall death, death by cancer, and death by cardiovascular disease.

Notes: Study followed 500,000 people over 10 years.

Source: Meat intake and mortality: a prospective study of over half a million people. Arch Intern Med. 2009 March 23; 169(6): 562–571.

40.) High intake of meat, dairy, and butter have been shown to promote skin wrinkling.

Notes: For those curious, prunes, apples, and tea (especially green) appeared to be the most protective and reduced wrinkling and scaling the most.

protective and reduced wrinkling and scaling the most.

80.

41.) Abdominal fat has been linked to meat, egg, and milk consumption. Poultry seems to be the worst offender.

Source: Will all Americans become overweight or obese? Estimating the progression and cost of the US obesity epidemic. Obesity (Silver Spring), 16(10):2323-2330, 2008. 42.)

Heterocyclic Amines (normally only found in cooked meat) have also been found in cheese and eggs.

Source: Formation and biochemistry of carcinogenic heterocyclic aromatic amines in cooked meats. Toxicol Lett. 2007 Feb 5;168(3):219-27. Epub 2006 Nov 16. 43.) Kidney failure is linked to meat.

Notes: Meat consumption was shown to cause human proteins to be urinated out (microalbuminuria). Something that should never happen.

Source: Associations of diet with albuminuria and kidney function decline. Clin J Am Soc Nephrol. 2010 May; 5(5):836-43.

44.) New, lower target cholesterol levels are not obtainable when meat is consumed.

Source: High marks for below-average cholesterol. For the best protection against clogged arteries and heart disease, average cholesterol no longer makes the grade—lower is better. Harv Heart Lett. 2006 Feb;16(6):4-5.

45.) Iron found in meat passes through the digestive system without regulation. *Notes: Iron is a pro-oxidant, which can cause oxidative stress and DNA damage. Too much iron can cause colon cancer, cardiovascular disease, infection, and inflammatory conditions. Body has no means to get rid of excess iron through a regulatory system.*

Source: Mechanisms of heme iron absorption: current questions and controversies. World J Gastroenterol. 2008 Jul 14; 14(26):4101-10.

46.) Animal foods (including turkey) shown to decrease tryptophan in the brain. *Notes: Tryptophan rich animal foods like turkey will increase the tryptophan levels in the blood, but this in turns decreases it in the brain. Plant based foods high in tryptophan, when compared to other amino acids, and carbohydrates (like seeds) work best to elevate mood and tryptophan in the brain.*

Source: Protein-source tryptophan as an efficacious treatment for social anxiety disorder: a pilot study. Can J Physiol Pharmacol. 2007 Sep;85(9):928-32.

47.) Propionate. Meat has no fiber to support healthy bacteria in our guts. That means our bacteria cannot produce propionate which is used to regulate cholesterol and either help us feel satisfied or possibly regulate generation of new fat cells.

Source: Propionate. Anti-obesity and satiety enhancing factor? Appetite. 2011

Apr;56(2):511-5.

48.) Refined grains, eggs, and poultry shown to cause prostate enlargement the most. 48.)

Refined grains, eggs, and poultry shown to cause prostate enlargement the most. 9.

49.) Even when meat consumption is reduced to only fish and eggs, insulin-like growth factor (IGF-1) remained relatively the same.

Notes: IGF-1 has been shown to promote cancer growth.

Source: The associations of diet with serum insulin-like growth factor I and its main binding proteins in 292 women meat-eaters, vegetarians, and vegans. Cancer Epidemiol

Biomarkers Prev. 2002 Nov;11(11):1441-8.

50.) Arsenic, lead, mercury, lead, cadmium, polycyclic aromatic hydrocarbons (PAH), and veterinary drugs have been found contaminating animal products.

Source: Chemical safety of meat and meat products. Meat Sci. 2010 Sep;86(1):38-48. 51.)

Fire retardant chemicals (PBDE) and polychlorinated naphthalenes (PCNs) found heavily in meats.

Notes: For PBDEs, fish was the worst offender, followed by turkey, and the third worst being chicken. PCNs have a dioxin-like effect on the body. The animal with the highest levels was fish. Second was chicken.

Source: Polybrominated diphenyl ether (PBDE) levels in an expanded market basket survey of U.S. food and estimated PBDE dietary intake by age and sex. Environ Health Perspect. 2006 Oct;114(10):1515-20.

Source: Polybrominated diphenyl ethers in U.S. Meat and poultry from two statistically designed surveys showing trends and levels from 2002 to 2008. Agric Food Chem. 2011 May 25;59(10):5428-34.

52.) Consumption of meat, fish, and dairy products associated with mothers passing on DDT (dichlorodiphenyltrichloroethane) to their unborn child even decades after the pesticide being banned.

Source: Organochlorine pesticides in umbilical cord blood serum of women from Southern Spain and adherence to the Mediterranean diet. Food Chem Toxicol. 2010 May;48(5):1311-5.

53.) Perfluorochemicals (linked to thyroid disease) exposure comes from meat, fish, and eggs.

Source: Perfluorochemicals in meat, eggs and indoor dust in China: assessment of sources and pathways of human exposure to perfluorochemicals. Environ Sci Technol. 2010 May 1;44(9):3572-9.

54.) 30 year follow up of multiple sclerosis patients showed 95% of those who stopped consuming saturated fat had no progression of the disease.

Notes: A 50 year follow up showed those 95% who started to consume animal fat again instantly had the disease return. The conclusion of the study said MS is mostly likely caused from saturated animal fat.

Source: Effect of low saturated fat diet in early and late cases of multiple sclerosis. Lancet 1990 336(8706):37 – 39.

Source: Review of MS patient survival on a Swank low saturated fat diet. Nutrition 2003 19(2):161 – 162.

55.) Increase dairy intake can double your risk of heart attack.

Source: Plasma and erythrocyte biomarkers of dairy fat intake and risk of ischemic heart disease. American Journal of Clinical Nutrition, 86(4):929, 2007.

56.) Almost 80% of all antimicrobials (antibiotics) produced are used on and feed to livestock.

Source: 2009 Summary Report on Antimicrobials Sold or Distributed for Use in Food-Producing Animals. U.S. Food and Drug Administration. 2010.

57.) Elderly people given milk as children have triple the risk of colorectal cancer.

Source: Childhood dairy intake and adult cancer risk: 65-y follow-up of the Boyd Orr cohort. American Journal of Clinical Nutrition, 86(6):1722, 2007.

58.) All types of meat (no matter how it is cooked) increases cancer of the uterus. *Notes: Poultry and fish increased the risk the most.*

Source: Animal food intake and cooking methods in relation to endometrial cancer risk in Shanghai. Br. J. Cancer, 95(11):1586-1592, 2006.

59.) Only purines (meats) and fructose increases uric acid levels in our bodies.

Notes: Uric acid increases gout, high blood pressure, obesity, diabetes, kidney disease, and cardiovascular disease.

Source: The role of uric acid as an endogenous danger signal in immunity and inflammation. Curr Rheumatol Rep. 2011 Apr;13(2):160-6.

60.) PhIP (a type of heterocyclic amines carcinogen in cooked meats) not only damages DNA, but also activates estrogen receptors (almost as strong as the hormone estrogen itself) on breast cancer cells and promotes its growth.

Notes: PhIP has been found in mother's breast milk. Meaning PhIP from cooked meat does make its way to the breast tissues.

Source: The cooked food derived carcinogen 2-amino-1-methyl-6-phenylimidazo[4,5-b]pyridine is a potent oestrogen: A mechanistic basis for its tissue-specific carcinogenicity. Carcinogenesis 2004 25(12):2509 – 2517

61.) PhIP stimulates breast cancer cells to invade healthy cells more so than the hormone estrogen itself. Even when PhIP is at low concentrations.

Notes: PhIP is most common in chicken, beef, and fish.

Source: The cooked meat-derived mammary carcinogen 2-amino-1-methyl-6-phenylimidazo[4,5-b]pyridine promotes invasive behaviour of breast cancer cells. Toxicology 2011 279(1 – 3):139 – 145

62.) Meat fumes from cooked meat may be hazardous for fetal development and increase the risk of cancer.

Notes: Simply being around the vapors (polycyclic aromatic hydrocarbons or PAHs for short) was associated with a birth weight decrease and head shrinkage.

Source: Impact of barbecued meat consumed in pregnancy on birth outcomes accounting for personal prenatal exposure to airborne polycyclic aromatic hydrocarbons: Birth cohort study in Poland. Nutrition. 2012 Apr;28(4):372-7.

63.) A diet high in protein, particularly animal protein, has been associated with relapse of inflammatory bowel disease and a higher risk of inflammatory bowel disease. Source: Diet and risk of inflammatory bowel disease. Dig Liver Dis 2012 44(3):185 – 194 64.)

Microparticles (titanium dioxide and aluminum silicate), common additive in pastries and processed food, consumed with endotoxins cause an inflammatory response in the gut wall 6x greater compared to endotoxins alone.

Notes: Most people are digesting a trillion particles of titanium dioxide a day. Researchers found these microparticles in all 18 diseased colons (colon cancer or inflammatory bowel) used for a study. No microparticles were found in the healthy colons studied. Titanium dioxide is used to make things white. Thus white powdered donuts tend to have the most titanium dioxide out of all foods.

Source: Immune potentiation of ultrafine dietary particles in normal subjects and patients

with inflammatory bowel disease. J. Autoimmun. 2000 14(1):99 – 105 65.) Meat consumption linked to premature puberty in boys and girls.

Notes: Premature puberty has been linked to increased risk of developing breast cancer in girls and abdominal fat and heart disease in boys.

Source: Internal exposure to pollutants and sexual maturation in Flemish adolescents. J Expo Sci Environ Epidemiol 2011 21(3):224 – 233

66.) After consuming animal products human adiponectin levels drop. Hormone adiponectin appears to be protective against cellulite.

Source: Adiponectin expression in subcutaneous adipose tissue is reduced in women with cellulite. Int. J. Dermatol. 2011 50(4):412 – 416

Source: Meal modulation of circulating interleukin 18 and adiponectin concentrations in healthy subjects and in patients with type 2 diabetes mellitus. Am. J. Clin. Nutr. 2003 78(6):1135 – 1140

67.) Animal consumption linked to breast pain.

Notes: Prolactin has been shown to cause breast pain. When vegans and vegetarians in South Africa (who have lower levels of prolactin and breast pain compared to women in western civilization) were fed meat, their prolactin levels went up to match western women. Two separate studies showed significant reduction in cyclical breast pain when meat was removed from the diet.

Source: Diet, lifestyle, and menstrual activity. Am J Clin Nutr. 1980 Jun;33(6):1192-8.

Source: Diet and prolactin release. Lancet. 1976 Oct 9;2(7989):806-7.

Source: Serum prolactin and oestradiol levels in women with cyclical mastalgia. Horm Metab Res. 1981 Dec;13(12):700-2.

68.) Amino acid L-carnitine (found heavily in red meat and popular energy drinks) has been found to cause heart disease.

Notes: While our bodies produce L-carnitine, the problem comes when our gut bacteria comes in contact with it and produces a toxic substance called trimethylamine oxide (TMAO). This substance has been found circulating in our blood after L-carnitine consumption. TMAO also appears to be linked to cancer.

Source: Intestinal microbiota metabolism of L-carnitine, a nutrient in red meat, promotes atherosclerosis. Nat Med. 2013 Apr 7.

69.) Chickens consumption and handling linked to bladder infections.

Notes: When handling frozen chicken the UTI bacteria causing strains end up in that person's rectum. Even when the chicken is well cooked before consumption. This is because the jump happens before it is cooked. The strains are usually antibacterial resistant.

Source: Chicken as reservoir for extraintestinal pathogenic Escherichia coli in humans, Canada. Emerging Infect. Dis. 2012 18(3):415 – 421

70.) Thorough cleaning with bleach right after every use has been found to be the only method to significantly reduce chicken pathogens in kitchens. However, pathogens were still detectable on some kitchen items.

Notes: All items used were washed in bleach and surfaces were sprayed and wiped. Washcloth was soaked in bleach. Bleach was allowed to sit on surfaces for 5 minutes before test results were taken. Pathogens were still found on utensils, counters, and washcloth.

Source: The effectiveness of hygiene procedures for prevention of cross-contamination from chicken carcasses in the domestic kitchen. Lett. Appl. Microbiol. 1999 29(5):354 – 358

71.) A 5fl increase of calories from saturated fat (at the expense of calories from carbohydrates) can result in a 38fl lower sperm count.

Source: Dietary fat and semen quality among men attending a fertility clinic. Hum. Reprod. 2012 27(5):1466 – 1474

72.) Xenoestrogens (human made chemicals with estrogenic effects) have been found the most in fish.

Source: Role of environmental estrogens in the deterioration of male factor fertility. Fertil Steril. 2002 Dec;78(6):1187-94.

73.) Fish eaters have been shown to have only a fraction of the sperm count of vegans.

Source: Role of environmental estrogens in the deterioration of male factor fertility. Fertil Steril. 2002 Dec;78(6):1187-94.

74.) The American Heart Association took legal action through the FDA (which was upheld by the Supreme Court) to have the egg industry cease and desist promoting eggs as having no harmful effects on your health.

Notes: Not a scientific fact, but interesting nonetheless. The notable statement by the egg industry was an advertising campaign that stated there is no scientific evidence that eggs cause heart disease. After the courts reviewed the evidence, they found the statement to be clearly false and misleading.

Source: Dietary cholesterol, serum cholesterol, and risks of cardiovascular and noncardiovascular diseases. Am. J. Clin. Nutr. 1998 67(3):488 – 492

75.) One egg contains almost 2/3 of the cholesterol limit suggested by the American Heart Association for healthy people.

Source: AHA Website

76.) Meat handlers have a much high mortality rate of cancer.

Notes: Most of the highest rates were found with the workers handling the final product.

Source: Cancer mortality in workers employed in cattle, pigs, and sheep slaughtering and processing plants. Environ Int 2011 37(5):950 – 959.

77.) Growing up on an animal farm increases the chance of blood cancers (poultry farms were the worst).

Notes: Growing up on farms only growing crops showed no increased chance of blood cancers. Source: Farming, growing up on a farm, and haematological cancer mortality. Occup Environ Med 2012 69(2):126 – 132.

78.) Eating meat may cause cellular cannibalism (auto-immune polyradiculoneuropathy) and thus explaining autoimmune attack (rheumatoid arthritis).

Notes: By consuming organisms in our own kingdom, our immune system may be identifying our own flesh as foreign objects. Auto-immune polyradiculoneuropathy has never been found to be caused by plant consumption.

Source: Meat-induced joint attacks, or meat attacks the joint: rheumatism versus allergy. Nutr Clin Pract. 2010 Feb;25(1):90-1.

Source: Auto-immune polyradiculoneuropathy and a novel IgG biomarker in workers exposed to aerosolized porcine brain. J. Peripher. Nerv. Syst. 2011 16 (Suppl 1):34 – 37

79.) Methionine (an amino acid) is required for many cancers and tumors to stay alive and grow. Methionine is found virtually only in animal products (with eggs, fish, and chicken being the worst).

Source: The effect of replacement of methionine by homocystine on survival of malignant and normal adult mammalian cells in culture. Proc. Natl. Acad. Sci. USA 1974 71(4):1133 – 1136.

80.) Meat is acidic which causes higher risk of kidney stones and lower urine acid clearance.

Source: Diet-induced metabolic acidosis. Clin Nutr 2011 30(4):416 – 421. 81.) Choline, a substance very high in eggs, can cause trimethylamine (the smell of rotten fish) to your breath, urine, sweat, and vagina.

Source: Smelling like dead fish: A case of trimethylaminuria in an adolescent. Clin Pediatr (Phila) 2006 45(9):864 – 866.

82.) Choline is converted to TMAO which, as already stated, is linked to heart disease and cancer.

Source: Intestinal microbiota metabolism of L-carnitine, a nutrient in red meat, promotes atherosclerosis. Nat Med. 2013 Apr 7.

83.) Choline is associated with prostate cancer progression and death.

Source: Choline intake and risk of lethal prostate cancer: Incidence and survival. Am. J. Clin. Nutr. 2012 96(4):855 – 863.

84.) Pork tapeworm brain infection is the most common parasitic disease in the brain for people and is on the rise for humans in the United States.

Notes: Referred to as neurocysticercosis in the study.

Source: Clinical manifestations, diagnosis, and treatment of neurocysticercosis. Curr Neurol Neurosci Rep 2011 11(6):529 – 535.

85.) Meat eaters have a lower resting metabolism compared to vegans and vegetarians.

Source: Sympathetic nervous system activity and resting metabolic rate in vegetarians. Metab. Clin. Exp. 1994 43(5):621 – 625.

86.) Phosphorus preservatives are being injected into meat. These phosphorus preservatives may damage blood vessels, accelerate the aging process, and contribute to osteoporosis.

Notes: Higher phosphate levels are associated with significantly lower life span.

Source: Phosphate additives in food—a health risk. Dtsch Arztebl Int. 2012 109(4):49 – 55.

Source: The prevalence of phosphorus-containing food additives in top-selling foods in grocery stores. J Ren Nutr. 2013 23(4):265-270.

87.) Phosphorus preservatives injected into poultry dramatically increase the growth of food poisoning Campylobacter bacteria.

Notes: Campylobacter is recognized as the main cause of bacterial foodborne disease in many developed countries.

Source: Effects of polyphosphate additives on Campylobacter survival in processed chicken exudates. Appl. Environ. Microbiol. 2010 76(8):2419 – 2424

88.) Chicken nuggets from 2 national food chains found actual chicken meat was not the predominant ingredient as fat was found in greater quantities along with epithelium, bone, nerve (brain and spine), and connective tissue.

Source: The autopsy of chicken nuggets reads chicken little. Am J Med. 2013 126(11):1018-1019.

89.) Even when looking at endurance athletes, meat eaters' arteries are thicker (from atherosclerosis plaque) than your average vegan.

Source: Homocysteine, circulating vascular cell adhesion molecule and carotid atherosclerosis in postmenopausal vegetarian women and omnivores. Atherosclerosis 2006 184(2):356 – 362.

Source: Long-term low-calorie low-protein vegan diet and endurance exercise are associated with low cardiometabolic risk. Rejuvenation Res. 2007 10(2):225 – 234. 90.)

Mercury and PCB exposure, due to fish consumption, shown to harm fetus brain development.

Source: Functional MRI approach to developmental methylmercury and polychlorinated biphenyl neurotoxicity. Neurotoxicology 2011 32(6):975 – 980.

91.) Mercury in fish shown to outweigh benefits of omega-3s when it comes to brain development (specifically IQ).

Source: Fish consumption during child bearing age: a quantitative risk-benefit analysis on neurodevelopment. Food Chem Toxicol. 2013 54:30-34.

92.) Due to mercury “sticking” to our bodies, most women planning on getting pregnant need to avoid mercury containing foods 1 year before.

Notes: Half-life of mercury is about 2 months. That means after 2 months the mercury amount present is cut in half.

Source: Fish consumption during child bearing age: A quantitative risk-benefit analysis on neurodevelopment. Food Chem. Toxicol. 2013 54(NA):30 – 34.

93.) Pregnant women eating fish once a week give their infants more mercury than if they were injected with six mercury containing vaccines.

Source: Speciation of methyl- and ethyl-mercury in hair of breastfed infants acutely exposed to thimerosal-containing vaccines. Clin. Chim. Acta. 2011 412(17 – 18):1563 – 1566.

94.) Some chemicals (dioxins, PCB, and DDE) found in fish have half lives as high as 10 years.

Notes: A 10 year half life means after 10 years only half of those chemicals are gone from your body. So it would take a lifetime to get even close to 1 percent of your present levels.

Source: Elimination half-lives of polychlorinated biphenyl congeners in children. Environ. Sci. Technol. 2008 42(18):6991 – 6996.

95.) Gestational diabetes (diabetes during pregnancy which causes abnormal fetal growth, birth defects, and infant mortality) risk is increased when meat is consumed before pregnancy.

Notes: Bacon, processed meats, and eggs seem to do the worst damage.

Source: A prospective study of dietary patterns, meat intake and the risk of gestational diabetes mellitus. Diabetologia. 2006 49(11):2604 – 2613.

Source: Risk of gestational diabetes mellitus in relation to maternal egg and cholesterol intake. Am. J. Epidemiol. 2011 173(6):649 – 658.

96.) Cow's milk contains estrogen and other hormones (naturally) which promote the conversion of precancerous cell to invasive cancer and enhance the progression of cancer cells.

Notes: Organic milk was used in the study.

Source: Milk stimulates growth of prostate cancer cells in culture. Nutr Cancer. 2011 63(8):1361 – 1366.

97.) Just how smoking is a risk factor for lung cancer, milk consumption is a risk factor for prostate cancer

Notes: This is from a meta-analysis (a summation of all studies to date found on milk consumption and prostate cancer) on case-control studies (looking at what people with and without prostate cancer had consumed in their past) and another meta-analysis on cohort type studies (following people throughout the years, what they consumed, and who got prostate cancer). Source: Milk consumption is a risk factor for prostate cancer: Meta-analysis of case-control studies. Nutr Cancer. 2004 48(1):22 – 27.

Source: Milk consumption is a risk factor for prostate cancer in Western countries: Evidence from cohort studies. Asia Pac J Clin Nutr. 2007 16(3):467 – 476. 98.) “Meat glue” enzyme, transglutaminase, has potential food safety and allergy implications.

Notes: The enzyme functions as an auto-antigen and will give problems to those who are gluten intolerant. Bacteria from other parts of the animal (like E. coli O157:H7) can be found along the glue line.

Source: Transglutaminase, gluten and celiac disease: Food for thought. Nat. Med. 1997 3(7):725 – 726.

Source: Escherichia coli O157: H7 risk assessment for production and cooking of restructured beef steaks. Report of progress (Kansas State University. Agricultural Experiment Station and Cooperative Extension Service); 873 2010.

99.) Study found 70fl of purchased chicken breasts for the study contained cancer causing form of arsenic beyond the safety thresholds of the FDA.

Source: Roxarsone, inorganic arsenic, and other arsenic species in chicken: A U.S.-Based market basket sample. Environ Health Perspect. 2013 121(7):818 – 824. 100.) Amino acid leucine has the greatest effect on increasing mTORC1 (believed to accelerate the aging process). Meat products have the most leucine.

Notes: Calorie restriction is known to down-regulate mTORC1. However, protein restriction, especially the amino acid leucine, has been found to be just as effective.

Source: Amino acid sensing and regulation of mTORC1. Semin Cell Dev Biol. 2012 23(6):621 – 625.

Source: Nutrient control of TORC1, a cell-cycle regulator. Trends Cell Biol. 2009 19(6):260 – 267.

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Alkaline Diet & Cancer

Alkaline Minerals Prevent Cancer Growth. In March 2009, Robey, Baggett, Kirkpatrick et al published a paper in the American Association for Cancer Research Journal proving that alkaline minerals (in this case NaHCO_3 – sodium bicarbonate) that raise the extracellular pH of cancer tumor cells and prevent metastasis. Their research shows that the pH of the tumors are always acidic and by using highly alkaline minerals to raise the pH—the growth of the cancer (and involvement of lymph nodes) is prevented. Source: Cancer Research 69, 2260, March 15, 2009

Cancer Thrives in an Acidic Environment. Also in Cancer Research Journal, in 2006, Gatenby, Gawlinski et al researched and discovered that “chronic exposure of normal tissue to an acidic microenvironment produces toxicity by: (a) normal cell death... and (b) extracellular matrix degradation”. They proffer that glucose imbalance (an acid lifestyle) leads to a chronically acidic microenvironment (the normal cells and molecules that surround a tumor cell) which provides the perfect base for cancer. Source: Cancer Research 66, 5216-5223, May 15, 2006

Acidosis & Osteoporosis Alkaline Minerals Prevent Osteoporosis. A recently published study in the Journal of Clinical Endocrinology and Metabolism (Vol 94, No 1 96-102, 2009) has provided further evidence that the consumption of and supplementation with alkaline minerals is essential for good health. The objective of the study was to understand the effect of alkaline minerals (potassium bicarbonate, sodium bicarbonate and potassium chloride) on bone health—specifically, the ability of these alkaline minerals to slow the bone resorption rate and calcium excretion. The participants who were taking the bicarbonate supplements had significant reductions in urinary N-telopeptide and calcium excretion when compared to the control group. This means that when taking the alkaline minerals, bones remained stronger and healthier.

Source: Journal of Clinical Endocrinology and Metabolism (Vol 94, No 1 96-102, 2009)

Cardiovascular Disease & the Alkaline Diet

Alkaline Minerals Critical to Prevention of CVD

In the Journal of Orthomolecular Medicine, Joseph Campbell provides a thorough review of

the scientific literature surrounding minerals and disease and highlights that the alkaline minerals, magnesium and calcium, are critical to the prevention of cardiovascular disease (CVD). He also highlights that "Excessive consumption of acid producing foods, results in metabolic acidosis. When this occurs, the parathyroid hormone stimulates the removal of calcium from the bones and teeth (osteolysis), to buffer or neutralize the excess acidity. After many years, such calcium loss results in depleted bone, bone weakness and structure."

Source: Journal of Orthomolecular Medicine Vol. 10, No. 3 & 4, 1995

Autoimmune Disease Inhibited by Alkaline Ionized Water

Effect of electrolytic water intake on lifespan of autoimmune disease prone mice. Research from Texas University. Recent studies on ionized electrolyzed water indicate that anode or acidic water is most effective as disinfectants; whereas, reduced or alkaline water processed through cathode is used as safe drinking water.

The present drinking water study was undertaken in two strains of autoimmune disease prone mice to establish the spontaneous disease process and longevity.

Weanling MRL/lpr and NZBxNZW [B/W] F1 female mice were provided daily with (1) tap water [pH ~7.5, oxygen reduction potential (ORP)~600+] (2) electrolyzed water with pH of ~9.0 and ORP ~400- and (3) hyper-reduced water with pH~10.0 and ORP~600-. Mice were provided H₂O and chow diet ad libitum and weekly body weights and spontaneous deaths were recorded. The mean survival data recorded as days for MRL/lpr mice [25 mice/group] is as follows: (1) tap water 235±25, (2) reduced water 287±40 and (3) hyper-reduced water 346±45 days [The Open Nutrition Journal, 2008, 2, 100-105 Chapter 10 References:

Additional research found on the GreenMedInfo.com Multidrug Resistance page indicate over 50 compounds inhibit multidrug resistance cancers in experimental models or at www.phoreveryoung.wordpress.com where you can find over 600 scientific articles on cancer

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View the Evidence of a Alkaline Plant Based Nutrient-Rich pH Miracle Diet in the Prevention and Treatment of Cancer

Review: there is a consistently strong inverse correlations with solar UVB for 15 types of cancers.

Pubmed Data : Anticancer Res. 2012 Jan ;32(1):223-36. PMID: 22213311 Article Published Date : Jan 01, 2012

Study Type : Meta Analysis

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Substances : Vitamin D : CK(1682) : AC(238)

Diseases : Bladder Cancer : CK(186) : AC(60), Breast Cancer : CK(2372) :

AC(660), Cervical Cancer : CK(378) : AC(69), Colon Cancer : CK(895) :

AC(233), Colorectal Cancer: CK(877) : AC(321), Endometrial Cancer : CK(269) :

AC(45), Esophageal Cancer : CK(328) : AC(55), Hodgkin Lymphoma : CK(53) : AC(7), Lung

Cancer : CK(496) : AC(198), Non-Hodgkin Lymphoma : CK(525) : AC(67), Ovarian Cancer :

CK(154) : AC(58), Pancreatic Cancer : CK(530) : AC(168), Renal Cancer : CK(25) :

AC(4), Vulvar Cancer : CK(52) : AC(4)

Therapeutic Actions : Sunlight exposure : CK(432) : AC(39)

Pharmacological Actions : Chemopreventive : CK(1528) : AC(382)

Aged garlic extract prevents a decline of NK cell number and activity in patients with advanced cancer.

Pubmed Data : J Nutr. 2006 Mar;136(3 Suppl):816S-820S. PMID: 16484572 Article

Published Date : Mar 01, 2006

Study Type : Human Study

Substances : Garlic : CK(513) : AC(160)

Diseases : Colon Cancer : CK(895) : AC(233), Liver Cancer : CK(1641) : AC(266), Low

Immune Function: Natural Killer Cells : CK(108) : AC(21), Pancreatic Cancer : CK(530) :

AC(168)

Additional Keywords : Drug Side Effect Attenuation : CK(252) : AC(49), Plant Extracts :

CK(3775) : AC(1248)

Study Type : Human Study

Substances : Folic Acid : CK(542) : AC(77)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Chemopreventive : CK(1528) : AC(382)

High dose folic acid supplementation is associated with a significant reduction in the recurrence of colon cancers.

Pubmed Data : World J Gastroenterol. 2008 Jul 28;14(28):4492-8. PMID: 18680228 Article
Published Date : Jul 28, 2008

Higher dietary glycemic load and total carbohydrate intake were statistically significant associated with an increased risk of recurrence and mortality in stage III colon cancer patients.

Pubmed Data : J Natl Cancer Inst. 2012 Nov 21 ;104(22):1702-11. Epub 2012 Nov 7.
PMID:23136358

Article Published Date : Nov 20, 2012

Study Type : Human Study

Diseases : Colon Cancer : CK(895) : AC(233), Colon Cancer: Prevention : CK(25) : AC(1)

Pharmacological Actions : Carcinogens : CK(31) : AC(2)

Problem Substances : Foods: High Glycemic Load : CK(10) : AC(1)

Plaintain seeds improve the colonic flora and butyrate in patients resected for colonic cancer.

Pubmed Data : Scand J Gastroenterol. 1996 Oct;31(10):1011-20. PMID: 8898423 Article
Published Date : Oct 01, 1996

Study Type : Human Study

Substances : Psyllium : CK(114) : AC(18)

Diseases : Colon Cancer : CK(895) : AC(233), Dysbiosis : CK(123) : AC(30)

Sulforaphane has a novel chemopreventive mechanism in human colon cancer cells and prostate epithelial cells, namely the inhibition of histone deacetylase (HDAC). I Pubmed

Data : Exp Biol Med (Maywood). 2007 Feb;232(2):227-34. PMID: 17259330 Article

Published Date : Feb 01, 2007

Study Type : Human Study

Substances : Sulforaphane : CK(520) : AC(171)

Diseases : Colon Cancer : CK(895) : AC(233), Prostate Cancer : CK(998) :

AC(288), Prostate Cancer: Prevention : CK(157) : AC(17)

Pharmacological Actions : Chemopreventive : CK(1528) : AC(382), Enzyme Inhibitors :

CK(372) : AC(208), Histone deacetylase inhibitor : CK(26) : AC(16)

The consumption of apples is inversely related to the risk of colorectal cancer. Pubmed
Data : Rev Environ Health. 2009 Jan-Mar;24(1):59-74. PMID: 19476292 Article Published
Date : Jan 01, 2009

Study Type : Human Study

Total vegetable intake, total fruit intake, and lettuce, apple, and banana consumption is associated with a reduced risk for colorectal cancer.

Pubmed Data : Nutr Cancer. 1996;25(3):297-304. PMID: 8771572

Article Published Date : Jan 01, 1996

Study Type : Human Study

Substances : Apples : CK(179) : AC(57)

Diseases : Colon Cancer : CK(895) : AC(233), Colorectal Cancer : CK(877) : AC(321)

Substances : Apples : CK(179) : AC(57), Banana : CK(123) : AC(36), Fruit: All : CK(1836)
: AC(472), Lettuce : CK(13) : AC(3), Vegetables: All : CK(551) : AC(69) Diseases : Colon
Cancer : CK(895) : AC(233), Colorectal Cancer : CK(877) : AC(321) Pharmacological
Actions : Chemopreventive : CK(1528) : AC(382)

“Phase I clinical studies of antineoplaston A3 injections.”

Pubmed Data : Drugs Exp Clin Res. 1987 ;13 Suppl 1:17-29. PMID: 3569012 Article

Published Date : Jan 01, 1987

Study Type : Human: Case Report

Substances : Antineoplaston A3 : CK(3) : AC(1)

Diseases : Bladder Cancer : CK(186) : AC(60), Colon Cancer : CK(895) :

AC(233), Epithelioma : CK(3) : AC(1), Prostate Cancer : CK(998) : AC(288)

Pharmacological Actions : Antineoplastic Agents : CK(877) : AC(496)

Case report: long-term survival following treatment with antineoplastons for colon cancer with unresectable multiple liver metastases.

Pubmed Data : Surg Today. 2003 ;33(6):448-53. PMID: 12768372

Article Published Date : Jan 01, 2003

Study Type : Human: Case Report

Substances : Antineoplaston AS2-1 (4:1 mixture of phenylacetic acid and phenylacetylglutamine) : CK(92) : AC(1)

Diseases : Colon Cancer : CK(895) : AC(233), Liver Cancer : CK(1641) : AC(266), Liver

Cancer: Metastatic : CK(6) : AC(2), Liver Metastasis From Colon Cancer : CK(3) : AC(1)

Pharmacological Actions : Anti-metastatic : CK(192) : AC(115)

“Antineoplaston AS2-1 showed an antimetastatic effect against post-operative lung metastases from colon cancer through G1 cell arrest and the subsequent induction of apoptosis.”

Pubmed Data : Oncol Rep. 2005 Mar ;13(3):389-95. PMID: 15706406 Article Published Date : Mar 01, 2005

Study Type : Animal Study

Pharmacological Actions : Anti-metastatic : CK(192) : AC(115), Apoptotic : CK(1539) :

AC(1155), Cell cycle arrest : CK(390) : AC(319)

Substances : Antineoplaston AS2-1 (4:1 mixture of phenylacetic acid and phenylacetylglutamine) : CK(92) : AC(1)

Diseases : Cancer Metastasis : CK(272) : AC(135), Colon Cancer : CK(895) :

AC(233), Lung Cancer: Metastatic : CK(4) : AC(1), Post-Operative Lung Metastasis of

Colon Cancer : CK(2) : AC(1)

“Antitumor activity of capsaicin on human colon cancer cells in vitro and colo 205 tumor xenografts in vivo.”

Pubmed Data : J Agric Food Chem. 2010 Dec 22 ;58(24):12999-3005. Epub 2010 Nov 17. PMID:21082859

Article Published Date : Dec 21, 2010

Study Type : Animal Study, In Vitro Study

Substances : Capsaicin : CK(60) : AC(34)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Apoptotic : CK(1539) : AC(1155)

“Antitumor activity of capsaicin on human colon cancer cells in vitro and colo 205 tumor xenografts in vivo.”

Pubmed Data : J Agric Food Chem. 2010 Dec 22 ;58(24):12999-3005. Epub 2010 Nov 17.

PMID:21082859

Article Published Date : Dec 21, 2010

Study Type : Animal Study, In Vitro Study

Substances : Capsaicin : CK(60) : AC(34)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Apoptotic : CK(1539) : AC(1155)

A combination of curcumin and green tea catechins prevents dimethylhydrazine-induced colon carcinogenesis.

Pubmed Data : Food Chem Toxicol. 2010 Jan;48(1):390-5. Epub 2009 Oct 25.

PMID: 19861145

Article Published Date : Jan 01, 2010

Study Type : Animal Study

Substances : Catechin : CK(403) : AC(130), Curcumin : CK(2727) : AC(1534), Green Tea : CK(930) : AC(294)

Diseases : Colon Cancer : CK(895) : AC(233), Colorectal Cancer : CK(877) : AC(321)

Pharmacological Actions : Anticarcinogenic Agents : CK(521) : AC(275), Apoptotic :

CK(1539) : AC(1155), Chemopreventive : CK(1528) : AC(382)

Additional Keywords : Drug Synergy : CK(327) : AC(147)

A compound found exclusively in irradiated dietary fats may promote colon carcinogenesis in animals treated with a chemical carcinogen.

Pubmed Data : Nutr Cancer. 2002;44(2):189-91. PMID: 12734067

Article Published Date : Jan 01, 2002

Study Type : Animal Study

Diseases : Colon Cancer : CK(895) : AC(233) Additional Keywords : Gamma Irradiation : CK(9) : AC(6)

Anti Therapeutic Actions : Gamma Irradiation: "Cold Pasteurization" : CK(18) : AC(13)

A sucrose-rich diet induces mutations in the rat colon.

Pubmed Data : Cancer Res. 2002 Aug 1;62(15):4339-45. PMID: 12154038 Article

Published Date : Aug 01, 2002

Study Type : Animal Study

Diseases : Colon Cancer : CK(895) : AC(233), DNA damage : CK(711) : AC(293), Oxidative Stress : CK(1975) : AC(710)

Problem Substances : Sucrose : CK(18) : AC(5)

A Western-style diet induces benign and malignant neoplasms in the colon of normal C57Bl/6 mice.

Pubmed Data : Carcinogenesis. 2001 Nov;22(11):1871-5. PMID: 11698351 Article

Published Date : Nov 01, 2001

Study Type : Animal Study

Substances : Folic Acid : CK(542) : AC(77), Methionine : CK(52) : AC(12), Vitamin B-12 : CK(752) : AC(94)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antiproliferative : CK(1061) : AC(775)
Anti Therapeutic Actions : Western Diet : CK(86) : AC(24)

Apple juice upregulates antioxidant-associated genes in the rat colon and liver, which may account for apple's anti-cancer activity.
Pubmed Data : Carcinogenesis. 2000 Aug;21(8):1461-7. PMID: 20652274 Article Published Date : Aug 01, 2000
Study Type : Animal Study

Substances : Apples : CK(179) : AC(57), Polyphenols : CK(427) : AC(174) Diseases : Colon Cancer : CK(895) : AC(233), Liver Cancer : CK(1641) : AC(266) Pharmacological Actions : Antioxidants : CK(3723) : AC(1318), Chemopreventive : CK(1528) : AC(382)

Apple pectin and Bifidobacterium longum inhibit colorectal tumors in transgenic mice.
Pubmed Data : Exp Anim. 2000 Oct;49(4):305-7. PMID: 11109558
Article Published Date : Oct 01, 2000
Study Type : Transgenic Animal Study

Substances : Apple Pectin : CK(55) : AC(13), Bifidobacterium : CK(476) : AC(40), Bifidobacterium Longum : CK(66) : AC(8)
Diseases : Colon Cancer : CK(895) : AC(233), Colorectal Cancer : CK(877) : AC(321), Colorectal Tumors : CK(5) : AC(4)

Apple pectin decrease the number and incidence of colon cancer. Pubmed Data : J Exp Clin Cancer Res. 1997 Mar;16(1):33-8. PMID: 9148858 Article Published Date : Mar 01, 1997
Study Type : Animal Study

Substances : Apple Pectin : CK(55) : AC(13) Diseases : Colon Cancer : CK(895) : AC(233)
Additional Keywords : Bacteriostatic : CK(2) : AC(1)

Apples may exert their colon cancer protective effects through favorably altering gene patterns resulting in protection of cells against toxicological insults.
Pubmed Data : Int J Cancer. 2008 Jun 15;122(12):2647-55. PMID: 18351577 Article Published Date : Jun 15, 2008
Study Type : Animal Study

Substances : Apples : CK(179) : AC(57), Flavonoids : CK(909) : AC(289), Polyphenols : CK(427) : AC(174)
Diseases : Colon Cancer : CK(895) : AC(233)
Pharmacological Actions : Chemopreventive : CK(1528) : AC(382)
Additional Keywords : Epigenetic Modification : CK(101) : AC(43)

Astaxanthin exhibits anti-inflammatory and anti-cancer activity in a rat model of colon cancer.
Pubmed Data : Invest New Drugs. 2011 Apr;29(2):207-24. Epub 2009 Oct 30. PMID: 19876598
Article Published Date : Apr 01, 2011
Study Type : Animal Study
Substances : Astaxanthin : CK(353) : AC(117)
Diseases : Cancer Metastasis : CK(272) : AC(135), Colon Cancer : CK(895) : AC(233), Colorectal Cancer : CK(877) : AC(321), Inflammation : CK(1077) : AC(363)

Pharmacological Actions : Apoptotic : CK(1539) : AC(1155), Chemopreventive : CK(1528) : AC(382), Cyclooxygenase 2 Inhibitors : CK(269) : AC(169), NF-kappaB Inhibitor : CK(595) : AC(401)

Astaxanthin protects against chemically induced colonic pre-neoplastic progression in rats.

Pubmed Data : Fundam Clin Pharmacol. 2009 Apr;23(2):225-34. PMID: 19645817 Article

Published Date : Apr 01, 2009

Study Type : Animal Study

Substances : Astaxanthin : CK(353) : AC(117)

Diseases : Colon Cancer : CK(895) : AC(233), Inflammation : CK(1077) : AC(363), Lipid Peroxidation : CK(403) : AC(127)

Pharmacological Actions : Anti-Inflammatory Agents : CK(1230) : AC(433), Antioxidants : CK(3723) : AC(1318), Antiproliferative : CK(1061) : AC(775)

PMID: 21246838

Article Published Date : Oct 01, 2010

Study Type : Animal Study

Substances : Berberine : CK(156) : AC(75)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Chemopreventive : CK(1528) : AC(382), Cyclooxygenase 2 Inhibitors : CK(269) : AC(169)

Berberine has a preventive effect on experimental colon cancer.

Pubmed Data : Zhongguo Zhong Yao Za Zhi. 2010 Oct;35(20):2768-73.

Beta-Cryptoxanthin and Hesperidin are potential cancer chemopreventive agents against tongue, colon, and lung cancers.

Article Publish Status : This is a free article. Click here to read the complete article. Pubmed

Data : J Biomed Biotechnol. 2012 ;2012:516981. Epub 2011 Nov 24. PMID: 22174562

Article Published Date : Jan 01, 2012

Study Type : Animal Study

Substances : Cryptoxanthin : CK(36) : AC(8), Hesperidin : CK(160) : AC(38), Orange:

Mandarin : CK(6) : AC(2)

Diseases : Colon Cancer : CK(895) : AC(233), Inflammation : CK(1077) : AC(363), Lung Cancer : CK(496) : AC(198), Tongue Cancer : CK(14) : AC(10)

Pharmacological Actions : Anticarcinogenic Agents : CK(521) : AC(275), Chemopreventive : CK(1528) : AC(382)

Black seed oil has significant inhibitory effects against colon cancer in rats, without observable side effects.

Pubmed Data : Nutr Cancer. 2003;45(2):195-202. PMID: 12881014

Article Published Date : Jan 01, 2003

Study Type : Animal Study

Substances : Nigella sativa (aka Black Seed) : CK(133) : AC(34)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antiproliferative : CK(1061) : AC(775)

Buckwheat sprouts have an anti-inflammatory effect on lipopolysaccharide-activated human colon cancer cells and mice.

Pubmed Data : Biosci Biotechnol Biochem. 2008 Dec;72(12):3148-57. Epub 2008 Dec 7.

PMID:19060399

Article Published Date : Dec 01, 2008

Study Type : Animal Study

Substances : Buckwheat : CK(48) : AC(16), Flavonoids : CK(909) : AC(289), Sprouts : CK(76) : AC(36)

Diseases : Colon Cancer : CK(895) : AC(233), Inflammation : CK(1077) :

AC(363), Lipopolysaccharide-Induced Toxicity : CK(227) : AC(128)

Pharmacological Actions : Anti-Inflammatory Agents : CK(1230) : AC(433) Additional

Keywords : Plant Extracts : CK(3775) : AC(1248)

PMID: 19017685

Article Published Date : Jan 01, 2009

Study Type : Animal Study

Substances : Calcium : CK(232) : AC(35), Vitamin D : CK(1682) : AC(238) Diseases : Colon

Cancer : CK(895) : AC(233), Western-Style Diet Induced Toxicity : CK(6) : AC(3)

Anti Therapeutic Actions : Western Diet : CK(86) : AC(24)

Calcium and vitamin D may prevent Western-style diet-induced colonic tumors. Pubmed Data : Carcinogenesis. 2009 Jan;30(1):88-92. Epub 2008 Nov 18.

Calcium supplementation may attenuate the hyperproliferation and hyperplasia induced in the mouse colon by a Western-style diet.

Pubmed Data : Carcinogenesis. 1995 Nov;16(11):2685-9. PMID: 7586187 Article Published Date : Nov 01, 1995

Study Type : Animal Study

Substances : Calcium : CK(232) : AC(35)

Diseases : Colon Cancer : CK(895) : AC(233), Western-Style Diet Induced Toxicity : CK(6) : AC(3)

Pharmacological Actions : Antiproliferative : CK(1061) : AC(775)

Caraway supplementation prevents oxidative stress and inhibits chemically-induced lesions in rats with colon cancer.

Pubmed Data : J Pharm Pharmacol. 2006 Aug;58(8):1121-30. PMID: 16872560 Article

Published Date : Aug 01, 2006

Study Type : Animal Study

Substances : Caraway : CK(31) : AC(9)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antioxidants : CK(3723) : AC(1318)

Cellulose fiber reduces the incidence of chemically-induced colon cancer in rats. Pubmed

Data : Cancer Res. 1989 Oct 15;49(20):5581-5. PMID: 2551490 Article Published Date : Oct 15, 1989

Study Type : Animal Study

Substances : Fiber : CK(484) : AC(70)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antiproliferative : CK(1061) : AC(775), Chemopreventive : CK(1528) : AC(382)

Chickpea flour inhibits the formation of precancerous lesions in mice, suggesting that they may reduce the risk for colon cancer incidence.

Pubmed Data : Anticancer Res. 2004 Sep-Oct;24(5A):3049-55. PMID: 15517915 Article

Published Date : Sep 01, 2004

Study Type : Animal Study

Substances : Chickpea : CK(32) : AC(9)
Diseases : Colon Cancer : CK(895) : AC(233)

Coconut significantly decreases the incidence and number of tumors in a rat model of
Pubmed Data : Clin Chim Acta. 2004 Apr;342(1-2):203-10. PMID: 15026282 Article

Published Date : Apr 01, 2004

Study Type : Animal Study

Substances : Coconut : CK(124) : AC(35)

Diseases : Colon Cancer : CK(895) : AC(233)

Combining curcumin with guar gum may help increase its effectiveness in treating colon cancer.

Pubmed Data : Drugs Aging. 2007;24(11):945-55. PMID: 20614824

Article Published Date : Jan 01, 2007

Study Type : Animal Study

Substances : Curcumin : CK(2727) : AC(1534), Guar gum : CK(54) : AC(7)

Diseases : Colon Cancer : CK(895) : AC(233), Colorectal Cancer : CK(877) : AC(321)

Additional Keywords : Natural Substance Synergy : CK(144) : AC(81)

Consumption of some polyphenols reduces fecal deoxycholic acid and lithocholic acid, the secondary bile acids of risk factors of colon cancer.

Pubmed Data : J Agric Food Chem. 2009 Sep 23;57(18):8587-90. PMID: 19711910 Article

Published Date : Sep 23, 2009

Study Type : Animal Study

Substances : Caffeic Acid : CK(15) : AC(11), Curcumin : CK(2727) : AC(1534), Ellagic Acid : CK(77) : AC(40), Flavonoids : CK(909) : AC(289), Polyphenols : CK(427) : AC(174), Rutin : CK(93) : AC(30)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Anticarcinogenic Agents : CK(521) : AC(275)

Coriandrum sativum has a protective role against the deleterious effects in lipid metabolism in experimental colon cancer.

Pubmed Data : J Ethnopharmacol. 2000 Aug;71(3):457-63. PMID: 10940583 Article

Published Date : Aug 01, 2000

Study Type : Animal Study

Substances : Coriandrum sativum : CK(53) : AC(27)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Anticarcinogenic Agents : CK(521) : AC(275)

Cumin and black pepper prevent chemically-induced rat colon carcinogenesis. Pubmed
Data : J Med Food. 2006;9(2):237-45. PMID: 16822210

Article Published Date : Jan 01, 2006

Study Type : Animal Study

Substances : Black Pepper : CK(88) : AC(35), Cumin : CK(32) : AC(21) Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Anticarcinogenic Agents : CK(521) : AC(275),

Chemopreventive : CK(1528) : AC(382)

Curcumin has chemopreventive properties during the promotion/progression stages of
Pubmed Data : Cancer Res. 1999 Feb 1;59(3):597-601. PMID: 9973206 Article
Published Date : Feb 01, 1999

Study Type : Animal Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Anticarcinogenic Agents : CK(521) : AC(275), Apoptotic : CK(1539) : AC(1155), Chemopreventive : CK(1528) : AC(382)

Curcumin inhibits chemically-induced colonic lesions.

Pubmed Data : Carcinogenesis. 1993 Nov;14(11):2219-25. PMID: 8242846 Article

Published Date : Nov 01, 1993

Study Type : Animal Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Chemopreventive : CK(1528) : AC(382)

Curcumin inhibits colon polyp formation.

Pubmed Data : Br J Cancer. 2003 May 6;88(9):1480-3. PMID: 12778080 Article Published

Date : May 06, 2003

Study Type : Animal Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Colon Cancer : CK(895) : AC(233), Colon Polyps : CK(42) : AC(12)

Pharmacological Actions : Anticarcinogenic Agents : CK(521) : AC(275),

Chemopreventive : CK(1528) : AC(382)

Curcumin inhibits muscle wasting in colon tumor bearing mice.

Pubmed Data : Br J Nutr. 2009 Oct;102(7):967-75. Epub 2009 Apr 27. PMID: 19393114

Article Published Date : Oct 01, 2009

Study Type : Animal Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Cachexia : CK(40) : AC(8), Colon Cancer : CK(895) : AC(233), Muscle Atrophy : CK(56) : AC(22)

Pharmacological Actions : Proteasome Inhibitors : CK(41) : AC(27)

Curcumin inhibits the proteasome activity in human colon cancer cells in vitro and in vivo.

Pubmed Data : Cancer Res. 2008 Sep 15;68(18):7283-92. PMID: 18794115 Article

Published Date : Sep 15, 2008

Study Type : Animal Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Apoptotic : CK(1539) : AC(1155), Proteasome Inhibitors : CK(41) : AC(27)

Study Type : Animal Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antineoplastic Agents : CK(877) : AC(496), Cyclooxygenase 2 Inhibitors : CK(269) : AC(169), Enzyme Inhibitors : CK(372) : AC(208), NF-kappaB Inhibitor : CK(595) : AC(401), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(971) : AC(348)

Curcumin may have therapeutic value in colon cancer prevention. Pubmed Data : Oncogene. 1999 Oct 28;18(44):6013-20. PMID: 10557090 Article Published Date : Oct 28, 1999

Curcumin prevents colon carcinogenesis.

Pubmed Data : Carcinogenesis. 1999 Apr;20(4):641-4. PMID: 10223193 Article Published Date : Apr 01, 1999

Study Type : Animal Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Colon Cancer : CK(895) : AC(233), Colon Polyps : CK(42) : AC(12)

Pharmacological Actions : Anticarcinogenic Agents : CK(521) : AC(275), Cyclooxygenase 2 Inhibitors : CK(269) : AC(169), Enzyme Inhibitors : CK(372) : AC(208), Nitric Oxide Inhibitor : CK(108) : AC(57)

Curcumin prevents the development of chemically-induced precancerous colonic lesions in male obese mice.

Pubmed Data : Nutr Cancer. 2012 Jan ;64(1):72-9. Epub 2011 Dec 15. PMID: 22172229 Article Published Date : Jan 01, 2012

Study Type : Animal Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Colon Cancer : CK(895) : AC(233), Colon Polyps : CK(42) : AC(12), Precancerous Conditions : CK(12) : AC(2)

Pharmacological Actions : Chemopreventive : CK(1528) : AC(382)

Curcumin protects against familial adenomatous polyposis and decreases intestinal bleeding as compared to NSAID drugs.

Pubmed Data : Biol Pharm Bull. 2009 Mar;32(3):382-8. PMID: 12050094 Article Published Date : Mar 01, 2009

Study Type : Animal Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Colon Cancer : CK(895) : AC(233), Colon Polyps : CK(42) : AC(12), Intestinal Polyps : CK(18) : AC(9)

Pharmacological Actions : Antineoplastic Agents : CK(877) : AC(496), Chemopreventive : CK(1528) : AC(382)

Diseases : Colon Cancer : CK(895) : AC(233), Gastrointestinal Inflammation : CK(41) : AC(7), Intestinal Cancer : CK(37) : AC(9), Intestinal Polyps : CK(18) : AC(9)

Pharmacological Actions : Anti-Inflammatory Agents : CK(1230) : AC(433), Interleukin-1 beta downregulation : CK(177) : AC(70), Interleukin-6 Downregulation : CK(470) : AC(135), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(971) : AC(348)

Curcumin reduces intestinal inflammation and polyps, indicating its potential value for preventing colon cancer.

Pubmed Data : J Interferon Cytokine Res. 2010 Oct 15. Epub 2010 Oct 15.

PMID: 20950131

Article Published Date : Oct 15, 2010

Study Type : Animal Study

Substances : Curcumin : CK(2727) : AC(1534)

Curry leaves (*M. koenigii*) and Mustard Greens (*B. juncea*) inhibit colon and intestine neoplasms in a rat model.

Pubmed Data : Invest New Drugs. 1996;14(4):365-9. PMID: 9157071 Article Published Date : Jan 01, 1996

Study Type : Animal Study

Substances : Curry Leaves : CK(6) : AC(3), Mustard Greens : CK(39) : AC(12)

Diseases : Colon Cancer : CK(895) : AC(233)

Dietary astaxanthin inhibits colitis and colitis-associated colon carcinogenesis in mice.
Pubmed Data : Chem Biol Interact. 2011 May 20. Epub 2011 May 20. PMID: 21621527
Article Published Date : May 20, 2011

Study Type : Animal Study

Substances : Astaxanthin : CK(353) : AC(117)

Diseases : Colitis : CK(368) : AC(53), Colon Cancer : CK(895) : AC(233) Pharmacological

Actions : Chemopreventive : CK(1528) : AC(382), Cyclooxygenase 2 Inhibitors : CK(269) :
AC(169), Interleukin-1 beta downregulation : CK(177) : AC(70), Interleukin-6

Downregulation : CK(470) : AC(135), NF-kappaB Inhibitor : CK(595) : AC(401)

Dietary cooked navy beans and their fractions attenuate colon carcinogenesis in
azoxymethane-induced mice.

Pubmed Data : Nutr Cancer. 2008;60(3):373-81. PMID: 18444172

Article Published Date : Jan 01, 2008

Study Type : Animal Study

Substances : Beans: All : CK(86) : AC(17)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Anticarcinogenic Agents : CK(521) : AC(275),

Chemopreventive : CK(1528) : AC(382)

Additional Keywords : Plant Extracts : CK(3775) : AC(1248)

View the Evidence: Ailments

Dietary curcumin inhibits forestomach, duodenal, and colon carcinogenesis in mice.

Pubmed Data : Cancer Res. 1994 Nov 15;54(22):5841-7. PMID: 7954412 Article Published
Date : Nov 15, 1994

Study Type : Animal Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Benzo[a]pyrene-induced Toxicity : CK(62) : AC(33), Colon Cancer : CK(895) :
AC(233), Gastric Cancer : CK(373) : AC(111), Gastrointestinal Cancer : CK(43) : AC(11)

Pharmacological Actions : Chemopreventive : CK(1528) : AC(382)

Dietary curcumin prevents colon carcinogenesis. Pubmed Data : Cancer Res. 1995 Jan
15;55(2):259-66. PMID: 7812955 Article Published Date : Jan 15, 1995

Study Type : Animal Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Anti-Inflammatory Agents : CK(1230) : AC(433)

Dietary flaxseed may be chemopreventive for intestinal and colon tumor development in
mice possibly by increasing omega -3 fatty acid levels, lignans, and decreasing COX-1 and
COX-2 levels.

Pubmed Data : Nutr Cancer. 2009;61(2):276-83. PMID: 19235044

Article Published Date : Jan 01, 2009

Study Type : Animal Study

Substances : Flaxseed : CK(275) : AC(57), Lignans : CK(110) : AC(31), Omega-3 Fatty
Acids : CK(3333) : AC(319)

Diseases : Colon Cancer : CK(895) : AC(233), Intestinal Cancer : CK(37) : AC(9)

Pharmacological Actions : Anticarcinogenic Agents : CK(521) : AC(275), Cyclooxygenase 1
Inhibitor : CK(22) : AC(18), Cyclooxygenase 2 Inhibitors : CK(269) :

AC(169), Cyclooxygenase Inhibitors : CK(64) : AC(32)

Dietary flaxseed meal containing high levels of omega-3 fatty acids and lignans is effective
in preventing colon tumor development when compared with dietary corn meal possibly by

increasing omega-3 fatty acid levels and decreasing COX-1 and COX-2 levels. Pubmed Data : Nutr Cancer. 2006;54(2):216-22. PMID: 16898866

Article Published Date : Jan 01, 2006

Study Type : Animal Study

Substances : Flaxseed : CK(275) : AC(57), Lignans : CK(110) : AC(31), Omega-3 Fatty Acids : CK(3333) : AC(319)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Cyclooxygenase 1 Inhibitor : CK(22) : AC(18), Cyclooxygenase 2 Inhibitors : CK(269) : AC(169)

dietary flaxseed oil, containing high levels of omega-3 fatty acids, is effective in preventing colon tumor development when compared with dietary corn oil containing omega-6 fatty acids in rats.

Pubmed Data : Planta Med. 2008 May;74(6):686-92. Epub 2008 Apr 30. PMID: 15749630

Article Published Date : May 01, 2008

Study Type : Animal Study

Substances : Flaxseed : CK(275) : AC(57), Omega-3 Fatty Acids : CK(3333) : AC(319)

Diseases : Colon Cancer : CK(895) : AC(233)

Additional Keywords : Omega 3/6 Ratio : CK(13) : AC(6), Omega 6 Fatty Acids are Detrimental : CK(12) : AC(6)

Pubmed Data : Carcinogenesis. 2010 Jul;31(7):1272-8. Epub 2010 Jan 8. PMID: 20061362

Article Published Date : Jul 01, 2010

Study Type : Animal Study

Substances : Blueberry : CK(141) : AC(39), Pterostilbene : CK(1029) : AC(29)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Anti-Inflammatory Agents : CK(1230) :

AC(433), Chemopreventive : CK(1528) : AC(382), Cyclooxygenase 2 Inhibitors : CK(269) : AC(169) Additional Keywords : Stilbenes : CK(402) : AC(242)

Dietary intake of pterostilbene, a constituent of blueberries, inhibits colon carcinogenesis in rats.

Dietary iron (ferrous fumarate) simulates intestinal tumorigenesis in mice. Pubmed Data : Cancer Lett. 1992 Aug 31;65(3):245-9. PMID: 1516040 Article Published Date : Aug 31, 1992

Study Type : Animal Study

Diseases : Colon Cancer : CK(895) : AC(233)

Problem Substances : Ferrous Fumarate : CK(39) : AC(8)

Dietary soy isoflavones and estrone protect ovariectomized mice from carcinogen-induced colon cancer.

Pubmed Data : J Nutr. 2004 Jan;134(1):179-82. PMID: 14704314

Article Published Date : Jan 01, 2004

Study Type : Animal Study

Substances : Estrone : CK(2) : AC(1), Genistein : CK(450) : AC(174), Soy : CK(1688) : AC(350)

Diseases : Colon Cancer : CK(895) : AC(233)

Dietary supplementation with 180-day fermented dietary miso could act as a chemopreventive agent for colon carcinogenesis.

Pubmed Data : Oncol Rep. 2005 Dec;14(6):1559-64. PMID: 16273256 Article Published

Date : Dec 01, 2005
Study Type : Animal Study
Substances : Fermented Foods and Beverages : CK(670) : AC(133), Miso : CK(307) : AC(4), Soy : CK(1688) : AC(350)
Diseases : Colon Cancer : CK(895) : AC(233)
Pharmacological Actions : Antiproliferative : CK(1061) : AC(775), Chemopreventive : CK(1528) : AC(382)
Dietary supplementation with pectin and guar gum significantly suppresses colon cancer incidence in rats.
Pubmed Data : Carcinogenesis. 1992 May;13(5):815-8. PMID: 1316814 Article Published Date : May 01, 1992
Study Type : Animal Study
Substances : Fiber : CK(484) : AC(70), Guar gum : CK(54) : AC(7), Pectin : CK(66) : AC(9)
Diseases : Colon Cancer : CK(895) : AC(233)
Pharmacological Actions : Chemopreventive : CK(1528) : AC(382)

Dietary supplementation with fresh pineapple juice decreases inflammation and colonic neoplasia in mice with colitis.
Pubmed Data : Inflamm Bowel Dis. 2010 Dec;16(12):2012-21. PMID: 20848493 Article Published Date : Dec 01, 2010
Study Type : Animal Study
Substances : Bromelain : CK(109) : AC(34)
Diseases : Colitis : CK(368) : AC(53), Colon Cancer : CK(895) : AC(233) Pharmacological Actions : Anti-Inflammatory Agents : CK(1230) : AC(433), Interleukin-10 downregulation : CK(73) : AC(21)

Dietary tricin, a flavone present in rice, oats, barley, and wheat inhibits inflammation-related mouse colon carcinogenesis.
Pubmed Data : Cancer Prev Res (Phila Pa). 2009 Dec;2(12):1031-8. Epub 2009 Nov 24. PMID:19934339
Article Published Date : Dec 01, 2009
Study Type : Animal Study
Substances : Flavonoids : CK(909) : AC(289), Grains: All : CK(3) : AC(1), Oats : CK(286) : AC(45), Rice : CK(92) : AC(34), Tricin : CK(2) : AC(1)
Diseases : Colon Cancer : CK(895) : AC(233), Inflammation : CK(1077) : AC(363)
Pharmacological Actions : Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(971) : AC(348)
Additional Keywords : Plant Extracts : CK(3775) : AC(1248)

Dry beans inhibit azoxymethane-induced colon carcinogenesis in rats. Pubmed Data : J Nutr. 1997 Dec;127(12):2328-33. PMID: 9405582 Article Published Date : Dec 01, 1997
Study Type : Animal Study
Substances : Beans: All : CK(86) : AC(17)
Diseases : Colon Cancer : CK(895) : AC(233)
Pharmacological Actions : Chemopreventive : CK(1528) : AC(382)

Egyptian flaxseed oil has chemopreventive properties against rat colon carcinogenesis.
Pubmed Data : Asian Pac J Cancer Prev. 2011 ;12(9):2385-92. PMID: 22296388 Article Published Date : Dec 31, 2010
Study Type : Animal Study
Substances : Flaxseed Oil : CK(4) : AC(1)
Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Anticarcinogenic Agents : CK(521) : AC(275), Antiproliferative : CK(1061) : AC(775), Chemopreventive : CK(1528) : AC(382)

Study Type : Animal Study

Substances : Foods and Beverages : CK(670) : AC(133), Miso : CK(307) : AC(4), Soy : CK(1688) : AC(350)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Chemopreventive : CK(1528) : AC(382)

Fermented miso prevents the induction of colonic aberrant crypt foci associated with colon carcinogenesis.

Pubmed Data : Biochem Biophys Res Commun. 2006 Feb 17;340(3):800-6. Epub 2005 Dec 20. PMID: 11748458

Article Published Date : Feb 17, 2006

Fucoidan is a candidate anti-tumor functional food against colon cancer. Article Publish Status : This is a free article. Click here to read the complete article. Pubmed Data : Mar Drugs. 2012 Oct ;10(10):2337-48. Epub 2012 Oct 22. PMID: 23170088

Article Published Date : Sep 30, 2012

Study Type : Animal Study

Substances : Fucoidan : CK(152) : AC(72)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Anti-Tumor : CK(69) : AC(44)

Fucoxanthin, lutein and tetrahydrocurcumin may have chemopreventive effects against colon carcinogenesis.

Pubmed Data : Carcinogenesis. 1998 Jan;19(1):81-5. PMID: 9472697

Article Published Date : Jan 01, 1998

Study Type : Animal Study

Substances : Carotenoids : CK(1055) : AC(213), Curcumin : CK(2727) :

AC(1534), Fucoxanthin : CK(18) : AC(13), Lutein : CK(124) : AC(22), Tetrahydrocurcumin : CK(37) : AC(20)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Anticarcinogenic Agents : CK(521) : AC(275), Antiproliferative : CK(1061) : AC(775)

Gac fruit extract inhibits colon tumor growth.

Pubmed Data : Int J Oncol. 2005 Apr;26(4):881-9. PMID: 15753981

Article Published Date : Apr 01, 2005

Study Type : Animal Study

Substances : Gac : CK(4) : AC(2)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antiproliferative : CK(1061) : AC(775), Cell cycle arrest : CK(390) : AC(319)

Additional Keywords : Plant Extracts : CK(3775) : AC(1248)

Inhibitor : CK(595) : AC(401)

Ginger contains the compound zerumbone, which inhibits colon and lung carcinogenesis in mice.

Pubmed Data : Int J Cancer. 2009 Jan 15;124(2):264-71. PMID: 19003968 Article Published Date : Jan 15, 2009

Study Type : Animal Study

Substances : Ginger : CK(310) : AC(89)
Diseases : Colon Cancer : CK(895) : AC(233), Lung Cancer : CK(496) : AC(198)
Pharmacological Actions : Anticarcinogenic Agents : CK(521) : AC(275), NF-kappaB

Grapefruit contains compounds which inhibit colon carcinogenesis.
Pubmed Data : Carcinogenesis. 2006 Jun;27(6):1257-65. Epub 2005 Dec 29.
PMID: 16387741
Article Published Date : Jun 01, 2006
Study Type : Animal Study
Substances : Grapefruit : CK(109) : AC(30)
Diseases : Colon Cancer : CK(895) : AC(233)

Green vegetables (chlorophyll) prevent the cytotoxic and hyperproliferative effect of red meat (heme) in the rat colon
Pubmed Data : Carcinogenesis. 2005 Feb;26(2):387-93. Epub 2004 Nov 18.
PMID: 15550456
Article Published Date : Feb 01, 2005
Study Type : Animal Study
Substances : Chlorophyll : CK(45) : AC(8), Vegetables: All : CK(551) : AC(69)
Diseases : Colon Cancer : CK(895) : AC(233)
Pharmacological Actions : Chemopreventive : CK(1528) : AC(382)

High temperature- and pressure-treated garlic inhibits chemically-induced precancerous cellular changes in the rat colon.
Pubmed Data : Asian Pac J Cancer Prev. 2009;10(5):827-31. PMID: 20104973 Article
Published Date : Jan 01, 2009
Study Type : Animal Study
Substances : Garlic : CK(513) : AC(160)
Diseases : Colon Cancer : CK(895) : AC(233)
Pharmacological Actions : Chemopreventive : CK(1528) : AC(382)

Inositol hexaphosphate inhibits the cell cycle of human breast and colon cancer cells.
Pubmed Data : Anticancer Res. 2001 Jul-Aug;21(4A):2393-403. PMID: 11724298 Article
Published Date : Jul 01, 2001
Study Type : Animal Study
Substances : Inositol Hexaphosphate : CK(31) : AC(15)
Diseases : Breast Cancer : CK(2372) : AC(660), Colon Cancer : CK(895) : AC(233)
Pharmacological Actions : Antineoplastic Agents : CK(877) : AC(496), Cell cycle arrest: CK(390) : AC(319)
Lentinan from shiitake mushrooms (Lentinus edodes) inhibits of human colon cancer cells.
Pubmed Data : J Altern Complement Med. 2002 Oct;8(5):581-9. PMID: 12470439 Article
Published Date : Oct 01, 2002
Study Type : Animal Study
Substances : Beta-glucan : CK(211) : AC(37), Lentinan : CK(55) : AC(8), Shiitake Mushroom : CK(24) : AC(17)
Diseases : Colon Cancer : CK(895) : AC(233)
Additional Keywords : Antineoplastic Agents : CK(69) : AC(28)

Lentils might be protective against colon carcinogenesis and that hydrothermal treatment resulted in an improvement in the chemopreventive potential for the whole lentils. Pubmed Data : Nutr Res. 2009 May;29(5):355-62. PMID: 19555818

Article Published Date : May 01, 2009

Study Type : Animal Study

Substances : Lentils : CK(3) : AC(2)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Chemopreventive : CK(1528) : AC(382)

Lion's mane has antitumor effects in tumor-bearing mice.

Pubmed Data : J Agric Food Chem. 2011 Sep 28 ;59(18):9861-9. Epub 2011 Aug 25.

PMID:21846141

Article Published Date : Sep 28, 2011

Study Type : Animal Study

Substances : Lion's Mane (Hericium Erinaceus) : CK(41) : AC(18)

Diseases : Colon Cancer : CK(895) : AC(233), Low Immune Function: Natural Killer Cells :

CK(108) : AC(21), Tumors : CK(199) : AC(110)

Pharmacological Actions : 5-Lipoxygenase Inhibitor : CK(5) : AC(4), Anti-Angiogenic :

CK(143) : AC(101), Antineoplastic Agents : CK(877) : AC(496), Cyclooxygenase 2 Inhibitors

: CK(269) : AC(169), Vascular Endothelial Growth Factor Inhibitors : CK(13) : AC(8)

Maitake (G. frondosa) exhibits antitumor activity in colon tumor-bearing mice. Click here to read the entire abstract

Pubmed Data : J Med Food. 2010 Feb;13(1):20-30. PMID: 20136432

Article Published Date : Feb 01, 2010

Study Type : Animal Study

Substances : Maitake Mushroom : CK(61) : AC(34)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Interferon-gamma (IFN-gamma) inducer : CK(12) :

AC(6), Interleukin-12 upregulation : CK(17) : AC(5)

Mangiferin inhibits bowel carcinogenesis in male rats.

Pubmed Data : Cancer Lett. 2001 Feb 26;163(2):163-70. PMID: 11165750 Article Published

Date : Feb 26, 2001

Study Type : Animal Study

Substances : Mangiferin : CK(42) : AC(27)

Diseases : Colon Cancer : CK(895) : AC(233), Colon Polyps : CK(42) : AC(12)

Pharmacological Actions : Anticarcinogenic Agents : CK(521) : AC(275), Antiproliferative :

CK(1061) : AC(775), Chemopreventive : CK(1528) : AC(382)

Additional Keywords : Xanthones : CK(50) : AC(28)

Article Published Date : Dec 28, 2008

Study Type : Animal Study

Substances : Modified Citrus Pectin : CK(49) : AC(10) Diseases : Colon Cancer : CK(895) :

AC(233) Additional Keywords : Liver Metastasis : CK(2) : AC(1)

Modified Citrus Pectin inhibits liver metastasis of colon cancer.

Pubmed Data : World J Gastroenterol. 2008 Dec 28;14(48):7386-91. PMID: 19109874

Mustard seed oil is more effective in preventing colon cancer in rats than dietary fish oil.

Pubmed Data : Cancer Lett. 2003 Jun 30;196(1):29-34. PMID: 12860286 Article Published

Date : Jun 30, 2003

Study Type : Animal Study

Substances : Mustard Seeds : CK(19) : AC(5)

Diseases : Colon Cancer : CK(895) : AC(233)

Additional Keywords : Omega 3/6 Ratio : CK(13) : AC(6), Omega 6 Fatty Acids are Detrimental : CK(12) : AC(6)

Oolong tea may be a good chemopreventive agent for colon cancer. Pubmed Data : Cancer Sci. 2006 Apr;97(4):248-51. PMID: 16630115 Article Published Date : Apr 01, 2006

Study Type : Animal Study

Substances : Oolong tea : CK(24) : AC(5)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antineoplastic Agents : CK(877) : AC(496)

Our results indicate that berberine can be a potential chemoprevention and chemotherapy agent for human colon cancer by targeting Wnt/ β -catenin signaling. Pubmed Data : Int J Oncol. 2012 Apr 2. Epub 2012 Apr 2. PMID: 22469784 Article Published Date : Apr 01, 2012

Study Type : Animal Study

Substances : Berberine : CK(156) : AC(75)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Wnt/ β -catenin pathway down-regulation : CK(6) : AC(3)

Oyster mushroom (*P. ostreatus*) significantly reduces tumor formation in a rat model of colon cancer.

Pubmed Data : World J Surg. 2007 May;31(5):1041-6. PMID: 9538185 Article Published Date : May 01, 2007

Study Type : Animal Study

Substances : Oyster Mushroom : CK(33) : AC(14)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Chemopreventive : CK(1528) : AC(382)

Diseases : Colon Cancer : CK(895) : AC(233)

Pomegranate seed oil suppresses chemically induced colon cancer in rats. Pubmed Data : Cancer Sci. 2004 Jun;95(6):481-6. PMID: 15182427 Article Published Date : Jun 01, 2004
Study Type : Animal Study

Substances : Pomegranate : CK(164) : AC(70)

Pre- and postnatal exposure to dietary soy isoflavones suppresses the growth of colon tumors in male rats.

Pubmed Data : J Nutr. 2009 Mar;139(3):474-81. Epub 2009 Jan 13. PMID: 19141699 Article Published Date : Mar 01, 2009

Study Type : Animal Study

Substances : Isoflavones : CK(627) : AC(124), Soy : CK(1688) : AC(350) Diseases : Colon Cancer : CK(895) : AC(233), Infant Nutrition : CK(70) : AC(13), Prenatal Nutrition: Health of the Offspring : CK(224) : AC(31)

Pterostilbene inhibits colorectal aberrant crypt foci (ACF) and colon carcinogenesis.

Pubmed Data : J Agric Food Chem. 2010 Aug 11;58(15):8833-41. PMID: 20681671 Article Published Date : Aug 11, 2010

Study Type : Animal Study

Additional Links

Substances : Pterostilbene : CK(1029) : AC(29)

Diseases : Colon Cancer : CK(895) : AC(233), Colon Polyps : CK(42) : AC(12)

Pharmacological Actions : Chemopreventive : CK(1528) : AC(382)
Additional Keywords : Stilbenes : CK(402) : AC(242)

Pterostilbene is more potent than resveratrol in preventing chemically-induced colon cancer.

Pubmed Data : J Agric Food Chem. 2011 Feb 28. Epub 2011 Feb 28. PMID: 21355597

Article Published Date : Feb 28, 2011

Study Type : Animal Study

Substances : Pterostilbene : CK(1029) : AC(29), Resveratrol : CK(977) : AC(590)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Chemopreventive : CK(1528) : AC(382)

Pterostilbene, an active constituent of blueberries, suppresses aberrant crypt foci formation in the azoxymethane-induced colon carcinogenesis model in rats.

Pubmed Data : Clin Cancer Res. 2007 Jan 1;13(1):350-5. PMID: 17200374 Article

Published Date : Jan 01, 2007

Study Type : Animal Study

Substances : Pterostilbene : CK(1029) : AC(29)

Diseases : Chemical Exposure : CK(49) : AC(15), Colon Cancer : CK(895) : AC(233), Colon Polyps : CK(42) : AC(12)

Pharmacological Actions : Chemopreventive : CK(1528) : AC(382)

Additional Keywords : Plant Extracts : CK(3775) : AC(1248), Stilbenes : CK(402) : AC(242)

Study Type : Animal Study

Substances : Modified Citrus Pectin : CK(49) : AC(10), Quercetin : CK(318) : AC(136)

Diseases : Colon Cancer : CK(895) : AC(233)

Quercetin and Modified Citrus Pectin have significant inhibitory effects against colon tumor growth in mice.

Pubmed Data : Altern Med Rev. 2000 Dec;5(6):546-52. PMID: 11134977 Article Published Date : Dec 01, 2000

Quercetin, curcumin, ginseng and rutin exhibit anti-cancer activity in an animal model of colon cancer.

Pubmed Data : Arch Neurol. 2003 Feb;60(2):194-200. PMID: 15831530 Article Published Date : Feb 01, 2003

Study Type : Animal Study

Substances : Curcumin : CK(2727) : AC(1534), Ginseng : CK(339) : AC(113), Quercetin : CK(318) : AC(136), Rutin : CK(93) : AC(30)

Diseases : Colon Cancer : CK(895) : AC(233), Colon Polyps : CK(42) : AC(12), Gastrointestinal polyps : CK(23) : AC(4)

Pharmacological Actions : Anticarcinogenic Agents : CK(521) : AC(275), Antioxidants : CK(3723) : AC(1318), Chemopreventive : CK(1528) : AC(382)

Additional Keywords : Plant Extracts : CK(3775) : AC(1248)

Red Palm oil suppresses aberrant crypt foci (precursor to colon cancer)

Pubmed Data : Food Chem Toxicol. 2006 Oct;44(10):1667-73. Epub 2006 May 17. PMID:16822603

Article Published Date : Oct 01, 2006

Study Type : Animal Study

Substances : Palm Oil : CK(30) : AC(16)

Diseases : Colon Cancer : CK(895) : AC(233)
Pharmacological Actions : Chemopreventive : CK(1528) : AC(382)

Resveratrol suppresses colitis and colon cancer associated with colitis.
Pubmed Data : Cancer Prev Res (Phila). 2010 Apr;3(4):549-59. Epub 2010 Mar 23.
PMID:20332304
Article Published Date : Apr 01, 2010
Study Type : Animal Study
Substances : Resveratrol : CK(977) : AC(590)
Diseases : Colitis : CK(368) : AC(53), Colon Cancer : CK(895) : AC(233), Inflammation : CK(1077) : AC(363)
Pharmacological Actions : Anti-Inflammatory Agents : CK(1230) : AC(433) Additional
Keywords : Stilbenes : CK(402) : AC(242)

Rye, but not soy, decreases the frequency of colon cancer in rats.
Pubmed Data : Carcinogenesis. 1999 Jun;20(6):927-31. PMID: 10357769 Article Published
Date : Jun 01, 1999
Study Type : Animal Study
Substances : Isoflavones : CK(627) : AC(124), Rye : CK(40) : AC(8), Soy : CK(1688) : AC(350)
Diseases : Colon Cancer : CK(895) : AC(233)

Saccharomyces boulardii may have a preventive role in intestinal and colon cancer. Click
here to read the entire abstract

Pubmed Data : Gastroenterology. 2009 Sep;137(3):914-23. Epub 2009 May 29.
PMID: 19482027
Article Published Date : Sep 01, 2009
Study Type : Animal Study
Substances : Saccharomyces Boulardii : CK(137) : AC(23)
Diseases : Colon Cancer : CK(895) : AC(233), Intestinal Cancer : CK(37) : AC(9)
Pharmacological Actions : Antiproliferative : CK(1061) : AC(775), Apoptotic : CK(1539) : AC(1155), Epidermal growth factor receptor (EGFR) inhibitor : CK(27) : AC(22)

Sodium lauryl sulfate exhibits carcinogenicity in an experimental model of colon cancer.
Pubmed Data : Gan To Kagaku Ryoho. 1982 Dec;9(12):2175-9. PMID: 7184391 Article
Published Date : Dec 01, 1982

Study Type : Animal Study
Diseases : Colon Cancer : CK(895) : AC(233)
Problem Substances : Sodium lauryl sulfate : CK(16) : AC(4)
Adverse Pharmacological Actions : Carcinogenic : CK(936) : AC(130)

Soy and whey protein has anti-tumor activity in an animal model of colon cancer. Pubmed
Data : Mol Cancer. 2005 Jan 11;4(1):1. Epub 2005 Jan 11. PMID: 15644144 Article
Published Date : Jan 11, 2005
Study Type : Animal Study
Substances : Soy Protein : CK(2307) : AC(56), Whey : CK(343) : AC(72) Diseases : Colon
Cancer : CK(895) : AC(233)
Pharmacological Actions : Anticarcinogenic Agents : CK(521) : AC(275),
Chemopreventive : CK(1528) : AC(382)

Sucrose, glucose and fructose have similar genotoxicity in the rat colon Pubmed Data :
Food Chem Toxicol. 2008 Feb;46(2):752-60. Epub 2007 Oct 1. PMID: 17988776 Article
Published Date : Feb 01, 2008

Study Type : Animal Study

Diseases : Colon Cancer : CK(895) : AC(233), DNA damage : CK(711) : AC(293) Problem
Substances : Fructose : CK(356) : AC(103), Glucose : CK(8) : AC(5), Sucrose : CK(18) :
AC(5)

Sulforaphane may modulate serotonin levels.

Pubmed Data : Cancer Res. 2008 Jul 1;68(13):5487-91. PMID: 18593952 Article Published
Date : Jul 01, 2008

Study Type : Animal Study

Substances : Sulforaphane : CK(520) : AC(171)

Diseases : Colon Cancer : CK(895) : AC(233), Serotonin Disorders : CK(17) : AC(5)

Pharmacological Actions : Serotonergic : CK(32) : AC(8)

Substances : Anthocyanins : CK(56) : AC(19), Tart Cherry : CK(102) : AC(12) Diseases :
Colon Cancer : CK(895) : AC(233), Gastrointestinal Cancer : CK(43) : AC(11)

Pharmacological Actions : Antineoplastic Agents : CK(877) : AC(496), Chemopreventive :
CK(1528) : AC(382)

Additional Keywords : Plant Extracts : CK(3775) : AC(1248)

Tart cherry appears to have a chemopreventive property in intestinal and colon cancer.

Pubmed Data : J Agric Food Chem. 2006 Dec 13 ;54(25):9322-8. PMID: 17147414 Article

Published Date : Dec 13, 2006

Study Type : Animal Study

The Western-style diet induces colonic hyperproliferation in rats and mice. Pubmed Data :
Am J Clin Nutr. 1991 Jul;54(1 Suppl):209S-214S. PMID: 2053564 Article Published Date :
Jul 01, 1991

Study Type : Animal Study

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antiproliferative : CK(1061) : AC(775) Anti Therapeutic

Actions : Western Diet : CK(86) : AC(24) Thermolyzed casein promotes colon
carcinogenesis.

Pubmed Data : Nutr Cancer. 1995;23(3):271-81. PMID: 7603887 Article Published Date :
Jan 01, 1995

Study Type : Animal Study

Diseases : Colon Cancer : CK(895) : AC(233)

Problem Substances : Casein : CK(135) : AC(16)

Adverse Pharmacological Actions : Carcinogen : CK(59) : AC(11)

Thermolyzed protein (casein) promotes aberrant crypt foci and cancer in the rat colon.

Pubmed Data : J Natl Cancer Inst. 1992 Jul 1;84(13):1026-30. PMID: 1608054 Article
Published Date : Jul 01, 1992

Study Type : Animal Study

Diseases : Colon Cancer : CK(895) : AC(233)

Problem Substances : Casein : CK(135) : AC(16)

Adverse Pharmacological Actions : Carcinogen : CK(59) : AC(11)

These results indicate with colon cancer expression of colonic β -catenin is altered in

longterm caraway oil feeding, leading to suppression of premalignant lesions in rat colon.

Pubmed Data : J Nat Med. 2012 Mar 15. Epub 2012 Mar 15. PMID: 22418855 Article

Published Date : Mar 14, 2012

Study Type : Animal Study

Substances : Caraway Oil : CK(2) : AC(1)

Diseases : Colon Cancer : CK(895) : AC(233), Colon Polyps : CK(42) : AC(12)

Pharmacological Actions : Wnt/ β -catenin pathway down-regulation : CK(6) : AC(3)

Diseases : Colon Cancer : CK(895) : AC(233), Colon Polyps : CK(42) : AC(12)

Pharmacological Actions : Chemopreventive : CK(1528) : AC(382) Additional

Keywords : Stilbenes : CK(402) : AC(242)

Trans-resveratrol reduces precancerous colonic lesions in dimethylhydrazine-treated rats.

Pubmed Data : Food Chem Toxicol. 2005 Mar;43(3):433-41. PMID: 20521815 Article

Published Date : Mar 01, 2005

Study Type : Animal Study

Substances : Resveratrol : CK(977) : AC(590)

Unsaturated fats, and not saturated ones like stearate, may promote colon carcinogenesis.

Pubmed Data : Cancer Res. 1986 Jan;46(1):61-5. PMID: 3940210

Article Published Date : Jan 01, 1986

Study Type : Animal Study

Substances : Stearic Acid (stearate) : CK(23) : AC(8)

Diseases : Colon Cancer : CK(895) : AC(233)

Additional Keywords : Health Myth Challenged: Saturated Fat is Bad : CK(4) : AC(2)

Western-style diets induce oxidative stress and dysregulate immune responses in the colon in a mouse model of sporadic colon cancer.

Pubmed Data : J Nutr. 2009 Nov;139(11):2072-8. Epub 2009 Sep 16. PMID: 19759248

Article Published Date : Nov 01, 2009

Study Type : Animal Study

Diseases : Colon Cancer : CK(895) : AC(233), Colorectal Cancer : CK(877) : AC(321), Oxidative Stress : CK(1975) : AC(710)

Anti Therapeutic Actions : Western Diet : CK(86) : AC(24)

Western-style diets induce tumorigenesis in the mouse colon. Pubmed Data : Cancer Res. 1996 Nov 1;56(21):4910-6. PMID: 8895743 Article Published Date : Nov 01, 1996

Study Type : Animal Study

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antiproliferative : CK(1061) : AC(775), Apoptotic : CK(1539) : AC(1155)

Anti Therapeutic Actions : Western Diet : CK(86) : AC(24)

Wheat bran increases programmed cell death and inhibits proliferation in an animal model of colon cancer.

Pubmed Data : BMC Cancer. 2009;9:414. Epub 2009 Nov 30. PMID: 10485439 Article

Published Date : Jan 01, 2009

Study Type : Animal Study

Substances : Fiber : CK(484) : AC(70), Wheat Bran : CK(39) : AC(9)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Anticarcinogenic Agents : CK(521) : AC(275), Antiproliferative : CK(1061) : AC(775), Apoptotic : CK(1539) : AC(1155), Chemopreventive : CK(1528) : AC(382)

Article Published Date : Jan 01, 2007

Study Type : Animal Study

Substances : Caffeine : CK(109) : AC(18), EGCG (Epigallocatechin gallate) : CK(859) : AC(109), Green Tea : CK(930) : AC(294), White Tea : CK(17) : AC(6) Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Chemopreventive : CK(1528) : AC(382)

White Tea, Green Tea, EGCG (Epigallocatechin gallate), and Caffeine inhibit colon cancer progression.

Pubmed Data : Nutr Cancer. 2007;58(1):60-5. PMID: 17571968

Yoghurt consumption inhibits colorectal tumorigenesis in mice.

Pubmed Data : Exp Anim. 2010;59(4):487-94. PMID: 20660995

Article Published Date : Jan 01, 2010

Study Type : Animal Study

Substances : Fermented Foods and Beverages : CK(670) : AC(133), Yoghurt : CK(101) : AC(15)

Diseases : Colon Cancer : CK(895) : AC(233), Colorectal Cancer : CK(877) : AC(321)

Pharmacological Actions : Chemopreventive : CK(1528) : AC(382)

“Apoptosis inducing activity of fucoidan in HCT-15 colon carcinoma cells.” Article Publish Status : This is a free article. Click here to read the complete article. Pubmed Data : Biol Pharm Bull. 2009 Oct ;32(10):1760-4. PMID: 19801840 Article Published Date : Sep 30, 2009

Study Type : In Vitro Study

Substances : Fucoidan : CK(152) : AC(72)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Apoptotic : CK(1539) : AC(1155)

Additional Keywords : Phytotherapy : CK(357) : AC(58), Plant Extracts : CK(3775) : AC(1248)

“Honokiol in combination with radiation targets notch signaling to inhibit colon cancer stem cells.”

Pubmed Data : Mol Cancer Ther. 2012 Apr ;11(4):963-72. Epub 2012 Feb 8.

PMID: 22319203

Article Published Date : Apr 01, 2012

Study Type : In Vitro Study

Substances : Honokiol : CK(6) : AC(4)

Diseases : Cancer Stem Cells : CK(1015) : AC(53), Colon Cancer : CK(895) : AC(233), Colon Cancer Stem Cells : CK(1) : AC(1)

Additional Keywords : Drug Synergy : CK(327) : AC(147)

Pharmacological Actions : Apoptotic : CK(1539) : AC(1155)

(3S)-1,2,3,4-Tetrahydro- β -carboline-3-carboxylic acid from Cichorium endivia. L induces apoptosis of human colorectal cancer HCT-8 cells.

Pubmed Data : Molecules. 2012 ;18(1):418-29. Epub 2012 Dec 28. PMID: 23275050 Article Published Date : Dec 31, 2011

Study Type : In Vitro Study

Substances : Endive (*Cichorium endivia*. L) : CK(1) : AC(1)
Diseases : Colon Cancer : CK(895) : AC(233), Colorectal Cancer: Prevention : CK(52) : AC(1)

A combination of chitosan and Kimchi exhibits antiproliferative activity in human colon cancer cells.

Pubmed Data : J Med Food. 2010 Feb;13(1):6-12. PMID: 20136430

Article Published Date : Feb 01, 2010

Study Type : In Vitro Study

Substances : Chitosan : CK(3) : AC(7), Kimchi : CK(40) : AC(22)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antiproliferative : CK(1061) : AC(775), NF-kappaB Inhibitor : CK(595) : AC(401)

Additional Keywords : Natural Substance Synergy : CK(144) : AC(81)

A compound found within Asian and American ginseng known as Ginsenoside Rg3 inhibits colorectal tumor growth.

Pubmed Data : Int J Oncol. 2011 Feb;38(2):437-45. Epub 2010 Dec 3. PMID: 21152855

Article Published Date : Feb 01, 2011

Study Type : In Vitro Study

Substances : Ginseng : CK(339) : AC(113), Ginseng (American) : CK(121) :

AC(31), Ginseng (Asian) : CK(16) : AC(4), Ginseng (Korean) : CK(44) : AC(11),

Ginsenosides : CK(48) : AC(19)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antiproliferative : CK(1061) : AC(775)

A curcumin derivative inhibits the cell cycle progression of colon cancer cells
Pubmed Data : Chem Biol. 2004 Oct;11(10):1455-63. PMID: 15489172
Article Published Date : Oct 01, 2004

Study Type : In Vitro Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Cell cycle arrest : CK(390) : AC(319)

A garlic extract, Diallyl disulfide, modulates gene expression in colon cells, inhibiting tumorigenesis.

Pubmed Data : Carcinogenesis. 2004 Jul;25(7):1227-36. Epub 2004 Feb 19.

PMID: 14976134

Article Published Date : Jul 01, 2004

Study Type : In Vitro Study

Additional Links

Substances : Garlic : CK(513) : AC(160)

Diseases : Colon Cancer : CK(895) : AC(233)

Additional Keywords : Epigenetic Modification : CK(101) : AC(43), Histone Acetylation : CK(1) : AC(1)

PMID: 22649289

Article Published Date : Jan 01, 2012

Study Type : In Vitro Study

Substances : Caffeic Acid : CK(15) : AC(11), Honey : CK(251) : AC(50)
Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antiproliferative : CK(1061) : AC(775)

A honey constituent, caffeic acid, inhibits colon cancer cell growth.

Pubmed Data : Scientific World Journal. 2012 ;2012:372345. Epub 2012 Apr 29.

A novel porphyrin photosensitizer from bamboo leaves that induces apoptosis in cancer cell lines.

Pubmed Data : Anticancer Res. 2003 May-Jun;23(3B):2355-61. PMID: 12894515 Article

Published Date : May 01, 2003

Study Type : In Vitro Study

Substances : Bamboo : CK(45) : AC(22)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Apoptotic : CK(1539) : AC(1155)

Additional Keywords : Plant Extracts : CK(3775) : AC(1248)

Adrenaline induces chemoresistance in HT-29 colon adenocarcinoma cells. Pubmed Data :

Cancer Genet Cytogenet. 2009 Apr 15 ;190(2):81-7. PMID: 19380024 Article Published

Date : Apr 15, 2009

Study Type : In Vitro Study

Diseases : Cancers: Drug Resistant : CK(225) : AC(147), Colon Cancer : CK(895) : AC(233)

Anti Therapeutic Actions : Stress : CK(30) : AC(9)

Problem Substances : Adrenaline : CK(1) : AC(1)

Adverse Pharmacological Actions : Carcinogenic : CK(936) : AC(130), Chemoresistance upregulation : CK(1) : AC(1)

Allicin purified from fresh garlic cloves induces programmed cell death in colon cancer cells.

Pubmed Data : Nutr Cancer. 2010;62(7):947-57. PMID: 20924970

Article Published Date : Jan 01, 2010

Study Type : In Vitro Study

Substances : Allicin : CK(492) : AC(20)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antiproliferative : CK(1061) : AC(775), Apoptotic : CK(1539) :

AC(1155), NF-E2-Related Factor-2 (Nrf2) Modulator : CK(2) : AC(2) Pharmacological

Actions : Antiproliferative : CK(1061) : AC(775), Apoptotic : CK(1539) : AC(1155), Cell cycle arrest : CK(390) : AC(319)

Additional Keywords : Plant Extracts : CK(3775) : AC(1248)

Allicin, the major ingredient of freshly crushed garlic, inhibits cancer cell proliferation.

Pubmed Data : Nutr Cancer. 2000;38(2):245-54. PMID: 11525603

Article Published Date : Jan 01, 2000

Study Type : In Vitro Study

Substances : Allicin : CK(492) : AC(20), Garlic : CK(513) : AC(160)

Diseases : Breast Cancer : CK(2372) : AC(660), Colon Cancer : CK(895) :

AC(233), Endometrial Cancer : CK(269) : AC(45)

Amygdalin (laetrile) has an anticancer effect via downregulation of cell cycle-related genes in human colon cancer cells.

Pubmed Data : World J Gastroenterol. 2005 Sep 7;11(33):5156-61. PMID: 16127745 Article

Published Date : Sep 07, 2005

Study Type : In Vitro Study

Substances : Amygdalin : CK(7) : AC(5)
Diseases : Colon Cancer : CK(895) : AC(233)

An extract from Vitex agnus fruits has antiproliferative activity against human colon cancer cells.

Pubmed Data : Cancer Lett. 2009 Apr 8;276(1):74-80. Epub 2008 Dec 12.

PMID: 19070422

Article Published Date : Apr 08, 2009

Study Type : In Vitro Study

Substances : Vitex Agnus : CK(55) : AC(10)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antiproliferative : CK(1061) : AC(775), Apoptotic : CK(1539) : AC(1155)

Additional Keywords : Plant Extracts : CK(3775) : AC(1248)

An extract of potato inhibits a variety of cancer cell lines, as well as Herpes simplex.

Pubmed Data : Fitoterapia. 2010 Sep;81(6):600-6. Epub 2010 Mar 20. PMID: 20227470

Article Published Date : Sep 01, 2010

Study Type : In Vitro Study

Substances : Potato : CK(71) : AC(31)

Diseases : Brain Cancer : CK(231) : AC(88), Breast Cancer : CK(2372) : AC(660), Cancers:

Canine : CK(2) : AC(2), Cervical Cancer : CK(378) : AC(69), Colon Cancer : CK(895) :

AC(233), Herpes family viruses : CK(1089) : AC(189), Laryngeal Cancer : CK(22) :

AC(4), Leukemia : CK(690) : AC(258), Liver Cancer : CK(1641) : AC(266) Pharmacological

Actions : Antiproliferative : CK(1061) : AC(775), Antiviral Agents : CK(625) : AC(293)

Andrographis contains a compound which exhibits anti-invasive activity against colon cancer cells.

Pubmed Data : Planta Med. 2010 Jun 10. Epub 2010 Jun 10. PMID: 20539971 Article

Published Date : Jun 10, 2010

Study Type : In Vitro Study

Substances : Andrographis : CK(81) : AC(35)

Diseases : Cancer Metastasis : CK(272) : AC(135), Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Anti-metastatic : CK(192) : AC(115)

Andrographis inhibits cell cycle progression of human colorectal carcinoma cells Pubmed

Data : Chem Biol Interact. 2008 Aug 11;174(3):201-10. Epub 2008 Jun 20. PMID:18619950

Article Published Date : Aug 11, 2008

Study Type : In Vitro Study

Substances : Andrographis : CK(81) : AC(35)

Diseases : Colon Cancer : CK(895) : AC(233), Colorectal Cancer : CK(877) :

AC(321), Rectal Cancer : CK(1) : AC(1)

Angelica sinensis inhibits colon cancer cells.

Pubmed Data : J Ethnopharmacol. 2008 Jul 30. PMID: 18718517 Article Published Date :

Jul 30, 2008

Study Type : In Vitro Study

Substances : Angelica : CK(67) : AC(25)

Diseases : Colon Cancer : CK(895) : AC(233)

Antioxidant extracts from potatoes inhibit the proliferation of human colon and liver cancer cells.

Pubmed Data : Nutr Cancer. 2011 Sep 2. Epub 2011 Sep 2. PMID: 21888504 Article

Published Date : Sep 02, 2011

Study Type : In Vitro Study

Substances : Potato : CK(71) : AC(31)

Diseases : Colon Cancer : CK(895) : AC(233), Liver Cancer : CK(1641) : AC(266)

Pharmacological Actions : Anti-Proliferative : CK(55) : AC(49)

Apple polyphenols activate programmed cell death in human colon cancer cells. Pubmed

Data : Biochem Biophys Res Commun. 2009 Oct 16;388(2):372-6. Epub 2009 Aug 8.

PMID: 19666002

Article Published Date : Oct 16, 2009

Study Type : In Vitro Study

Substances : Apples : CK(179) : AC(57)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Apoptotic : CK(1539) : AC(1155)

Additional Keywords : Proanthocyanidins : CK(159) : AC(46)

Arnica exhibits anti-colon and anti-lung cancer activity.

Pubmed Data : Planta Med. 1994 Oct;60(5):434-7. PMID: 7997472 Article Published Date :

Oct 01, 1994

Study Type : In Vitro Study

Substances : Arnica : CK(146) : AC(23), Flavonoids : CK(909) : AC(289) Diseases : Colon

Cancer : CK(895) : AC(233), Lung Cancer : CK(496) : AC(198) Pharmacological

Actions : Chemopreventive : CK(1528) : AC(382) Article Published Date : Aug 01, 2008

Study Type : In Vitro Study

Substances : Bilberry : CK(39) : AC(11)

Diseases : Colon Cancer : CK(895) : AC(233), Leukemia : CK(690) : AC(258)

Bilberry has inhibitory effect against the growth of colon carcinoma and human leukemia cells.

Pubmed Data : Int J Antimicrob Agents. 2008 Aug;32(2):174-9. Epub 2008 Jun 18.

PMID:12502387

Blackberry extract has anti-inflammatory, anti-oxidant and anti-proliferative activity, in vitro.

Pubmed Data : J Med Food. 2007 Jun;10(2):258-65. PMID: 17651061 Article Published

Date : Jun 01, 2007

Study Type : In Vitro Study

Substances : Blackberry : CK(17) : AC(13)

Diseases : Cancers: All : CK(9062) : AC(2869), Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Anti-Inflammatory Agents : CK(1230) : AC(433), Antioxidants :

CK(3723) : AC(1318), Antiproliferative : CK(1061) : AC(775)

Blackberry extract induces cell death in cultured Caco-2 colon cancer cells. Pubmed Data :

Mol Cell Biochem. 2008 May;312(1-2):139-45. Epub 2008 Mar 10.v PMID:18327700

Article Published Date : May 01, 2008

Study Type : In Vitro Study

Substances : Blackberry : CK(17) : AC(13)

Diseases : Colon Cancer : CK(895) : AC(233)

Blueberry can inhibit colon cancer cell proliferation and induce cell death. Pubmed Data : Mol Cell Biochem. 2008 May;312(1-2):139-45. Epub 2008 Mar 10.v PMID:16131149
Article Published Date : May 01, 2008
Study Type : In Vitro Study
Substances : Blueberry : CK(141) : AC(39)
Diseases : Colon Cancer : CK(895) : AC(233)

Both wheat (*Triticum aestivum*) bran arabinoxylans and gut flora-mediated fermentation products protect human colon cells from chemically-induced adverse changes. Pubmed Data : J Agric Food Chem. 2006 Mar 22;54(6):2088-95. PMID: 16536580 Article Published Date : Mar 22, 2006
Study Type : In Vitro Study
Substances : Arabinoxylans : CK(1) : AC(1), Fermented Foods and Beverages : CK(670) : AC(133), Fiber : CK(484) : AC(70), Wheat: Fermented : CK(3) : AC(4), Wheat Bran : CK(39) : AC(9)
Diseases : Colon Cancer : CK(895) : AC(233)
Pharmacological Actions : Antiproliferative : CK(1061) : AC(775), Apoptotic : CK(1539) : AC(1155), Chemopreventive : CK(1528) : AC(382)
Article Published Date : Nov 01, 2004
Study Type : In Vitro Study
Substances : Capparis spinosa (caper) : CK(4) : AC(3)
Diseases : Breast Cancer : CK(2372) : AC(660), Colon Cancer : CK(895) : AC(233), HIV Infections : CK(577) : AC(184), Liver Cancer : CK(1641) : AC(266)
Pharmacological Actions : Antifungal Agents : CK(178) : AC(111), Antiproliferative : CK(1061) : AC(775), Reverse Transcriptase Inhibitors : CK(42) : AC(24)

Caper seeds contain antiproliferative, antifungal and HIV-1 reverse transcriptase inhibitory activities.

Pubmed Data : Zhong Yao Cai. 2004 Nov;27(11):848-50. PMID: 19019643

Carob fiber inhibits the growth of human colon cancer cells.
Pubmed Data : Food Chem Toxicol. 2008 Apr;46(4):1389-97. Epub 2007 Sep 11. PMID: 17950517
Article Published Date : Apr 01, 2008
Study Type : In Vitro Study
Substances : Carob : CK(14) : AC(4)
Diseases : Colon Cancer : CK(895) : AC(233)

Celecoxib and curcumin work synergistically to inhibit the growth of colorectal cancer cells.
Pubmed Data : Clin Cancer Res. 2005 Sep 15;11(18):6738-44. PMID: 16166455 Article Published Date : Sep 15, 2005
Study Type : In Vitro Study
Substances : Curcumin : CK(2727) : AC(1534)
Diseases : Colon Cancer : CK(895) : AC(233), Colorectal Cancer : CK(877) : AC(321)
Pharmacological Actions : Antiproliferative : CK(1061) : AC(775), Apoptotic : CK(1539) : AC(1155), Cyclooxygenase 1 Inhibitor : CK(22) : AC(18), Cyclooxygenase 2 Inhibitors : CK(269) : AC(169), Cyclooxygenase Inhibitors : CK(64) : AC(32), Prostaglandin PGE2 downregulation : CK(28) : AC(15)
Additional Keywords : Drug: Celecoxib : CK(2) : AC(2), Drug Synergy : CK(327) : AC(147)

Chaga Mushroom (*Inonotus obliquus*) has antitumor activity against human colon cancer cells.

Pubmed Data : J Neurochem. 2004 Apr;89(1):134-41. PMID: 19367670 Article Published Date : Apr 01, 2004

Study Type : In Vitro Study

Substances : Chaga Mushroom (*Inonotus obliquus*) : CK(3) : AC(3)

Diseases : Colon Cancer : CK(895) : AC(233)

Citrus aurantium possesses chemopreventive properties against human colon cancer cells.

Pubmed Data : Bioorg Med Chem. 2008 Jun 1;16(11):5939-51. Epub 2008 Apr 27. PMID:18490169

Article Published Date : Jun 01, 2008

Study Type : In Vitro Study

Substances : Citrus aurantium : CK(2) : AC(3)

Diseases : Colon Cancer : CK(895) : AC(233)

Cinnamon, Piperine & Resveratrol have significant anti-proliferative activity against colon cancer cells.

Pubmed Data : Clin Lab Sci. 2008 Summer;21(3):151-7. PMID: 18678136 Article Published Date : Jun 01, 2008

Study Type : In Vitro Study

Substances : Cinnamon : CK(146) : AC(63), Piperine : CK(29) : AC(14), Resveratrol : CK(977) : AC(590)

Diseases : Colon Cancer : CK(895) : AC(233)

CLA inhibits the growth of human colon cancer cells via the downregulation of IGF-1 receptor levels.

Pubmed Data : J Nutr. 2003 Aug;133(8):2675-81. PMID: 12888657

Article Published Date : Aug 01, 2003

Study Type : In Vitro Study

Substances : CLA (Conjugated Linoleic Acid) : CK(71) : AC(27)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Insulin-Like Growth Factor Inhibition/Downregulation : CK(66) : AC(16)

Coffee consumption may reduce colon cancer incidence by increasing the sulfation of estrogen.

Pubmed Data : J Nutr Biochem. 2006 Oct;17(10):697-706. Epub 2006 Jan 9.

PMID: 18981586

Article Published Date : Oct 01, 2006

Study Type : In Vitro Study

Substances : Coffee : CK(442) : AC(65)

Diseases : Colon Cancer : CK(895) : AC(233), Estrogen Dominance : CK(106) : AC(37)

Pharmacological Actions : Detoxifier : CK(340) : AC(106)

Curcumin and catechin works synergistically to inhibit rat colon carcinogenesis. Pubmed

Data : Di Yi Jun Yi Da Xue Xue Bao. 2005 Jan;25(1):48-52. PMID: 15683997 Article

Published Date : Jan 01, 2005

Study Type : In Vitro Study

Substances : Catechin : CK(403) : AC(130), Curcumin : CK(2727) : AC(1534)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Cyclooxygenase 2 Inhibitors : CK(269) : AC(169) Additional
Keywords : Natural Substance Synergy : CK(144) : AC(81) : AC(1155), Cell cycle arrest :
CK(390) : AC(319)

Curcumin contributes to programmed cell death in colon cancer cells.

Pubmed Data : Oncogene. 2002 Dec 5;21(55):8414-27. PMID: 12466962 Article Published
Date : Dec 05, 2002

Study Type : In Vitro Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antiproliferative : CK(1061) : AC(775), Apoptotic : CK(1539)

Curcumin decreases acid sphingomyelinase activity associated with proliferation in colon
cancer.

Pubmed Data : Zhongguo Zhen Jiu. 2005 Aug;25(8):549-50. PMID: 17583825 Article
Published Date : Aug 01, 2005

Study Type : In Vitro Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antiproliferative : CK(1061) : AC(775), Apoptotic : CK(1539):
AC(1155)

Additional Keywords : Plant Extracts : CK(3775) : AC(1248)

Curcumin derivatives appear to suppress genetic changes associated with colorectal
cancer.

Pubmed Data : Biochem Biophys Res Commun. 2008 Dec 26;377(4):1304-8. Epub 2008
Nov 10. PMID: 19000900

Article Published Date : Dec 26, 2008

Study Type : In Vitro Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Colon Cancer : CK(895) : AC(233), Colorectal Cancer : CK(877) : AC(321)

Pharmacological Actions : Antineoplastic Agents : CK(877) : AC(496), Antiproliferative :
CK(1061) : AC(775)

Curcumin enhances dasatinib-induced inhibition of growth and transformation of colon
cancer cells.

Pubmed Data : Int J Cancer. 2011 Feb 15;128(4):951-61. PMID: 20473900 Article Published
Date : Feb 15, 2011

Study Type : In Vitro Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Cancer Metastasis : CK(272) : AC(135), Colon Cancer : CK(895) :
AC(233), Gastrointestinal polyps : CK(23) : AC(4)

Pharmacological Actions : Antineoplastic Agents : CK(877) : AC(496), Antiproliferative :
CK(1061) : AC(775), NF-kappaB Inhibitor : CK(595) : AC(401)

Additional Keywords : Drug: Dasatinib : CK(1) : AC(1), Drug Synergy : CK(327) : AC(147)

Curcumin exhibits anti-cancer effects on gene expression in human colon cancer cells.

Pubmed Data : J Carcinog. 2004 May 12;3(1):8. Epub 2004 Aug 12. PMID: 15140256
Article Published Date : May 12, 2004

Study Type : In Vitro Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Colon Cancer : CK(895) : AC(233)
Pharmacological Actions : Cell cycle arrest : CK(390) : AC(319)

Curcumin exhibits anti-cancer properties in gastric and colon cancer cells. Pubmed Data :
Anticancer Res. 2001 Mar-Apr;21(2A):873-8. PMID: 11396178 Article Published Date : Mar 01, 2001

Study Type : In Vitro Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Colon Cancer : CK(895) : AC(233), Gastric Cancer : CK(373) : AC(111)

Pharmacological Actions : Antineoplastic Agents : CK(877) : AC(496), Antiproliferative : CK(1061) : AC(775), Apoptotic : CK(1539) : AC(1155), Cell cycle arrest : CK(390) : AC(319)

Curcumin exhibits anti-cancer, anti-inflammatory and antioxidant activities. Pubmed Data :
Phytomedicine. 2000 Jul;7(4):303-8. PMID: 10969724 Article Published Date : Jul 01, 2000

Study Type : In Vitro Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Breast Cancer : CK(2372) : AC(660), Colon Cancer : CK(895) : AC(233), Kidney Cancer : CK(120) : AC(17), Melanoma : CK(171) : AC(87)

Pharmacological Actions : Antioxidants : CK(3723) : AC(1318), Cyclooxygenase 1 Inhibitor : CK(22) : AC(18), Cyclooxygenase 2 Inhibitors : CK(269) : AC(169), Cyclooxygenase Inhibitors : CK(64) : AC(32)

Curcumin increases the radio sensitivity of colorectal cancer cells.

Pubmed Data : Int J Radiat Oncol Biol Phys. 2009 Oct 1;75(2):534-42. PMID: 19735878

Article Published Date : Oct 01, 2009

Study Type : In Vitro Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Colon Cancer : CK(895) : AC(233), Colorectal Cancer : CK(877) : AC(321)

Pharmacological Actions : Antiproliferative : CK(1061) : AC(775), Apoptotic : CK(1539) : AC(1155), Enzyme Inhibitors : CK(372) : AC(208), NF-kappaB Inhibitor : CK(595) : AC(401), Radiosensitizer : CK(52) : AC(29)

Curcumin induces programmed cell death in a variety of cancer cell lines. Pubmed Data :
Nutr Cancer. 1996;26(1):111-20. PMID: 8844727

Article Published Date : Jan 01, 1996

Study Type : In Vitro Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Colon Cancer : CK(895) : AC(233), Liver Cancer : CK(1641) : AC(266), Sarcoma : CK(36) : AC(21)

Pharmacological Actions : Apoptotic : CK(1539) : AC(1155)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antineoplastic Agents : CK(877) : AC(496), Apoptotic : CK(1539) : AC(1155)

Curcumin induces programmed cell death in colon cancer cells.

Pubmed Data : Carcinogenesis. 2006 Aug;27(8):1636-44. Epub 2006 Feb 25.

PMID: 16501251

Article Published Date : Aug 01, 2006

Study Type : In Vitro Study

Substances : Curcumin : CK(2727) : AC(1534)

Curcumin induces programmed cell death in colon cancer cells.

Pubmed Data : J Zhejiang Univ Sci B. 2009 Feb;10(2):93-102. PMID: 19235267 Article

Published Date : Feb 01, 2009

Study Type : In Vitro Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antineoplastic Agents : CK(877) : AC(496), Apoptotic : CK(1539) : AC(1155)

Curcumin induces programmed cell death in human colon cancer cells. Pubmed Data :

Anticancer Res. 2006 Nov-Dec;26(6B):4379-89. PMID: 17201158 Article Published Date :

Nov 01, 2006

Study Type : In Vitro Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Apoptotic : CK(1539) : AC(1155)

Curcumin induces programmed cell death in human colon cancer cells.

Pubmed Data : Carcinogenesis. 2004 Nov;25(11):2183-9. Epub 2004 Jul 15.

PMID: 15256484

Article Published Date : Nov 01, 2004

Study Type : In Vitro Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Apoptotic : CK(1539) : AC(1155), Enzyme Inhibitors : CK(372) : AC(208), NF-kappaB Inhibitor : CK(595) : AC(401)

Curcumin induces programmed cell death in human colon cancer cells. Pubmed Data : J

Oral Maxillofac Surg. 2010 May;68(5):1158-61. PMID: 16302093 Article Published Date :

May 01, 2010

Study Type : In Vitro Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antineoplastic Agents : CK(877) : AC(496), Apoptotic : CK(1539) : AC(1155), Tumor Suppressor Protein p53 Upregulation : CK(163) : AC(105)

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Apoptotic : CK(1539) : AC(1155), Tumor Suppressor Protein p53 Upregulation : CK(163) : AC(105)

Curcumin induces programmed cell death in human colon cancer cells.

Pubmed Data : Cancer Lett. 2010 Nov 1;297(1):1-8. Epub 2010 May 15. PMID: 20472336

Article Published Date : Nov 01, 2010

Study Type : In Vitro Study

Curcumin inhibits cell migration of human colon cancer cells.

Pubmed Data : Anticancer Res. 2006 Mar-Apr;26(2A):1281-8. PMID: 16619535 Article

Published Date : Mar 01, 2006

Study Type : In Vitro Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Cancer Metastasis : CK(272) : AC(135), Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antineoplastic Agents : CK(877) : AC(496), Cyclooxygenase 1 Inhibitor : CK(22) : AC(18), Cyclooxygenase 2 Inhibitors : CK(269) : AC(169), Matrix metalloproteinase-2 (MMP-2) inhibitor : CK(153) : AC(71)

Curcumin inhibits cell proliferation by interfering with the cell cycle and inducing programmed cell death in colon carcinoma cells.

Pubmed Data : Maturitas. 2008 Feb 20;59(2):137-48. Epub 2008 Mar 4. PMID: 10625938
Article Published Date : Feb 20, 2008

Study Type : In Vitro Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antineoplastic Agents : CK(877) : AC(496), Antiproliferative : CK(1061) : AC(775), Apoptotic : CK(1539) : AC(1155), Cell cycle arrest : CK(390) : AC(319)

Curcumin inhibits cyclooxygenase-2 expression in human colon cancer cells. Pubmed Data : Cancer Lett. 2001 Oct 30;172(2):111-8. PMID: 11566484 Article Published Date : Oct 30, 2001

Study Type : In Vitro Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Anticarcinogenic Agents : CK(521) : AC(275), Antiproliferative : CK(1061) : AC(775), Chemopreventive : CK(1528) : AC(382), Cyclooxygenase 2 Inhibitors : CK(269) : AC(169), Cyclooxygenase Inhibitors : CK(64) : AC(32) Curcumin inhibits human colon cancer cell growth.

Pubmed Data : Oncogene. 2006 Jan 12;25(2):278-87. PMID: 16170359 Article Published Date : Jan 12, 2006

Study Type : In Vitro Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antineoplastic Agents : CK(877) : AC(496), Antiproliferative : CK(1061) : AC(775), Epidermal growth factor receptor (EGFR) inhibitor : CK(27) : AC(22)

Curcumin inhibits gastrointestinal hormone (e.g., neurotensin)-induced chemokine expression and cell migration associated with human colon cancer cell progression. Pubmed Data : Clin Cancer Res. 2006 Sep 15;12(18):5346-55. PMID: 17000667 Article Published Date : Sep 15, 2006

Study Type : In Vitro Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Chemopreventive : CK(1528) : AC(382), NF-kappaB Inhibitor : CK(595) : AC(401)

Curcumin inhibits IMP dehydrogenase, a target for anticancer and antiviral chemotherapy agents.

Pubmed Data : Biosci Biotechnol Biochem. 2010;74(1):185-7. Epub 2010 Jan 7. PMID: 20057137

Article Published Date : Jan 01, 2010

Study Type : In Vitro Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Cancers: All : CK(9062) : AC(2869), Colon Cancer : CK(895) : AC(233), Viral Infections : CK(9) : AC(9)

Pharmacological Actions : Antineoplastic Agents : CK(877) : AC(496), Antiviral Agents : CK(625) : AC(293), Enzyme Inhibitors : CK(372) : AC(208)

Curcumin inhibits the growth of human colon cancer cells.

Pubmed Data : Korean J Gastroenterol. 2005 Apr;45(4):277-84. PMID: 15843753 Article

Published Date : Apr 01, 2005

Study Type : In Vitro Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antineoplastic Agents : CK(877) : AC(496), Antiproliferative : CK(1061) : AC(775)

Additional Keywords : Drug: 5-flourouracil : CK(88) : AC(22)

Curcumin inhibits the proliferation of colonic cancer cells.

Pubmed Data : Zhonghua Nei Ke Za Zhi. 2009 Sep;48(9):760-3. PMID: 20079215 Article

Published Date : Sep 01, 2009

Study Type : In Vitro Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antiproliferative : CK(1061) : AC(775), Apoptotic : CK(1539) : AC(1155), Cyclooxygenase 2 Inhibitors : CK(269) : AC(169)

Study Type : In Vitro Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antiproliferative : CK(1061) : AC(775), Chemosensitizer : CK(197) : AC(159)

Additional Keywords : Drug: 5-flourouracil : CK(88) : AC(22), Drug: Oxaliplatin : CK(6) : AC(5)

Curcumin may contribute to overcoming chemoresistance of FOLFOX.-surviving colon cancer cells.

Pubmed Data : Vet Med (Praha). 1989 Aug;34(8):467-74. PMID: 20332435 Article

Published Date : Aug 01, 1989

Curcumin potently induces programmed cell death in colon cancer cells Pubmed Data : Br J Nutr. 2005 Jun;93(6):835-44. PMID: 19723094

Article Published Date : Jun 01, 2005

Study Type : In Vitro Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antineoplastic Agents : CK(877) : AC(496), Antiproliferative : CK(1061) : AC(775), Apoptotic : CK(1539) : AC(1155), Cell cycle arrest : CK(390) :

AC(319),Cyclooxygenase 2 Inhibitors : CK(269) : AC(169)

Curcumin reduces inflammation and carcinogenesis associated with arachidonic acid metabolism.

Pubmed Data : J Nutr. 2009 Jul;139(7):1273-8. Epub 2009 May 20. PMID: 15073046 Article

Published Date : Jul 01, 2009

Study Type : In Vitro Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Colon Cancer : CK(895) : AC(233), Inflammation : CK(1077) :

AC(363), Lipopolysaccharide-Induced Toxicity : CK(227) : AC(128)
Pharmacological Actions : Antineoplastic Agents : CK(877) : AC(496), Cyclooxygenase 1 Inhibitor : CK(22) : AC(18), Cyclooxygenase 2 Inhibitors : CK(269) : AC(169), Enzyme Inhibitors : CK(372) : AC(208)

Curcumin suppresses colon cancer cells.

Pubmed Data : World J Gastroenterol. 2009 Mar 21;15(11):1346-52. PMID: 19294764

Article Published Date : Mar 21, 2009

Study Type : In Vitro Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Apoptotic : CK(1539) : AC(1155), Vascular Endothelial Growth Factor A Inhibitor : CK(102) : AC(58)

Pharmacological Actions : Apoptotic : CK(1539) : AC(1155), Cell cycle arrest : CK(390) : AC(319), NF-kappaB Inhibitor : CK(595) : AC(401)

Additional Keywords : Natural Substance Synergy : CK(144) : AC(81)

Curcumin synergizes the growth inhibitory properties of Indian toad skin-derived factor in colon cancer cells.

Pubmed Data : Phytother Res. 2007 Sep;21(9):895-7. PMID: 19331178 Article Published Date : Sep 01, 2007

Study Type : In Vitro Study

Substances : Curcumin : CK(2727) : AC(1534), Toad : CK(2) : AC(2)

Diseases : Colon Cancer : CK(895) : AC(233)

Curcumin synergizes with resveratrol to inhibit colon cancer.

Pubmed Data : J Endocrinol. 2003 Jan;176(1):163-8. PMID: 19838927 Article Published Date : Jan 01, 2003

Study Type : In Vitro Study

Substances : Curcumin : CK(2727) : AC(1534), Resveratrol : CK(977) : AC(590)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antiproliferative : CK(1061) : AC(775), Apoptotic : CK(1539) : AC(1155), Cell cycle arrest : CK(390) : AC(319), NF-kappaB Inhibitor : CK(595) :

AC(401), Tumor Suppressor Protein p53 Upregulation : CK(163) : AC(105) Additional

Keywords : Natural Substance Synergy : CK(144) : AC(81), Stilbenes : CK(402) : AC(242)

Curcumin works synergistically with EGF-receptor protein to inhibit the growth of colon cancer cells.

Pubmed Data : Nutr Cancer. 2006;55(2):185-94. PMID: 17044774

Article Published Date : Jan 01, 2006

Study Type : In Vitro Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antineoplastic Agents : CK(877) : AC(496), Apoptotic : CK(1539) : AC(1155), NF-kappaB Inhibitor : CK(595) : AC(401)

Additional Keywords : Drug Synergy : CK(327) : AC(147)

Curcumin, a multi-functional chemopreventive agent, blocks growth of colon cancer cells.

Pubmed Data : J Mol Histol. 2004 Mar;35(3):301-7. PMID: 15339049 Article Published Date : Mar 01, 2004

Study Type : In Vitro Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Colon Cancer : CK(895) : AC(233)
Pharmacological Actions : Antineoplastic Agents : CK(877) : AC(496)

DHA may induce cell death in chemotherapy resistant colon cancer cells. Pubmed Data :
Nutr Cancer. 2010 Jul;62(5):611-21. PMID: 20574922 Article Published Date : Jul 01, 2010
Study Type : In Vitro Study
Substances : DHA (Docosahexaenoic Acid) : CK(582) : AC(100)
Diseases : Cancers: Drug Resistant : CK(225) : AC(147), Colon Cancer : CK(895) :
AC(233)
Pharmacological Actions : Apoptotic : CK(1539) : AC(1155), Cell cycle arrest : CK(390) :
AC(319), Chemosensitizer : CK(197) : AC(159)

Daikon radish is a natural chemopreventive agent against colon cancer. Pubmed Data : J
Agric Food Chem. 2008 Sep 10;56(17):7823-30. Epub 2008 Jul 30. PMID:18665601
Article Published Date : Sep 10, 2008
Study Type : In Vitro Study
Substances : Daikon radish : CK(5) : AC(3)
Diseases : Colon Cancer : CK(895) : AC(233)
Pharmacological Actions : Anticarcinogenic Agents : CK(521) : AC(275), Antiproliferative :
CK(1061) : AC(775), Apoptotic : CK(1539) : AC(1155), Chemopreventive : CK(1528) :
AC(382)
Additional Keywords : Plant Extracts : CK(3775) : AC(1248)

Diallyl disulfide (DADS), a major organosulfur compound of garlic oil, is capable of inhibiting
colon cancer cells.
Pubmed Data : Oncol Rep. 2008 Jan;19(1):275-80. PMID: 18097607
Article Published Date : Jan 01, 2008
Study Type : In Vitro Study
Substances : Garlic : CK(513) : AC(160)
Diseases : Colon Cancer : CK(895) : AC(233)
Pharmacological Actions : Antineoplastic Agents : CK(877) : AC(496), Antiproliferative :
CK(1061) : AC(775), Tumor Suppressor Protein p53 Upregulation : CK(163) : AC(105)

Echinacea root contains compounds which are cytotoxic to cancer cells. Pubmed Data : Br
J Pharmacol. 2008 Mar;153(5):879-85. Epub 2008 Jan 14. PMID: 18193076
Article Published Date : Mar 01, 2008
Study Type : In Vitro Study
Substances : Echinacea : CK(469) : AC(88)
Diseases : Cancers: All : CK(9062) : AC(2869), Colon Cancer : CK(895) :
AC(233), Pancreatic Cancer : CK(530) : AC(168)
Pharmacological Actions : Apoptotic : CK(1539) : AC(1155)
Additional Keywords : Plant Extracts : CK(3775) : AC(1248)

EGCG and thymoquinone, a compound found within black cumin, compares to 5-
fluorouracil in the suppression of colon cancer cell growth, with a greater safety profile.
Pubmed Data : Biomed Sci Instrum. 2007;43:272-7. PMID: 17487093 Article Published
Date : Jan 01, 2007
Study Type : In Vitro Study

Substances : EGCG (Epigallocatechin gallate) : CK(859) : AC(109), Nigella sativa (ak Black
Seed) : CK(133) : AC(34)

Diseases : Colon Cancer : CK(895) : AC(233)
Additional Keywords : Superiority of Natural Substances versus Drugs : CK(910) : AC(174)
Pubmed Data : J Agric Food Chem. 2006 Jul 26;54(15):5336-43. PMID: 16848514 Article
Published Date : Jul 26, 2006
Study Type : In Vitro Study
Substances : Ellagic Acid : CK(77) : AC(40), Grape : CK(998) : AC(274) Diseases : Colon Cancer : CK(895) : AC(233)
Pharmacological Actions : Apoptotic : CK(1539) : AC(1155)
Additional Keywords : Muscadine Grape : CK(12) : AC(3)

Ellagic acid fractions from muscadine grapes induce programmed cell death in human colon cancer cells.

Eugenol, a natural compound in honey and various plants including clove, induces programmed cell death in colon cancer cells.
Pubmed Data : Cell Biol Int. 2010 Nov 2. Epub 2010 Nov 2. PMID: 21044050 Article
Published Date : Nov 02, 2010
Study Type : In Vitro Study
Substances : Clove : CK(92) : AC(46), Eugenol : CK(19) : AC(9), Honey : CK(251) : AC(50)
Diseases : Colon Cancer : CK(895) : AC(233)
Pharmacological Actions : Apoptotic : CK(1539) : AC(1155)

Euphorbia cotinifolia contains compounds which exhibit anti-cancer properties. Pubmed Data : Z Naturforsch C. 2012 Mar-Apr;67(3-4):151-62. PMID: 22624331 Article Published Date : Feb 29, 2012
Study Type : In Vitro Study
Substances : Euphorbia cotinifolia : CK(1) : AC(1)
Diseases : Colon Cancer : CK(895) : AC(233), Liver Cancer : CK(1641) : AC(266)
Pharmacological Actions : Antioxidants : CK(3723) : AC(1318)
Additional Keywords : Plant Extracts : CK(3775) : AC(1248)

Fermented wheat aleurone inhibits growth and induces programmed cell death in human colon cancer cells.
Pubmed Data : Br J Nutr. 2010 Feb;103(3):360-9. Epub 2009 Sep 7. PMID: 19732471 Article Published Date : Feb 01, 2010
Study Type : In Vitro Study
Substances : Aleurone : CK(2) : AC(2), Butyrate : CK(3) : AC(3), Fiber : CK(484) : AC(70), Wheat: Fermented : CK(3) : AC(4)
Diseases : Colon Cancer : CK(895) : AC(233)
Pharmacological Actions : Antiproliferative : CK(1061) : AC(775), Apoptotic : CK(1539) : AC(1155), Cell cycle arrest : CK(390) : AC(319)
AC(78)
Pharmacological Actions : Antioxidants : CK(3723) : AC(1318), Detoxifier : CK(340) : AC(106)

Fermented wheat induces enzymes involved in detoxification of carcinogens and in antioxidative defense in human colon cells.
Pubmed Data : Br J Nutr. 2010 Oct;104(8):1101-11. Epub 2010 Jun 28. PMID: 20579402 Article Published Date : Oct 01, 2010
Study Type : In Vitro Study
Substances : Aleurone : CK(2) : AC(2), Fermented Foods and Beverages : CK(670) :

AC(133), Fiber : CK(484) : AC(70), Wheat: Fermented : CK(3) : AC(4) Diseases : Colon Cancer : CK(895) : AC(233), Drug-Induced Toxicity : CK(560) :

Fisetin contributes to inducing programmed cell death in colon cancer cells. Pubmed Data : Am J Physiol Gastrointest Liver Physiol. 2009 May;296(5):G1060-8. Epub 2009 Mar 5. PMID: 19264955

Article Published Date : May 01, 2009

Study Type : In Vitro Study

Substances : Fisetin : CK(12) : AC(11), Flavonoids : CK(909) : AC(289) Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Apoptotic : CK(1539) : AC(1155), Tumor Suppressor Protein p53 Upregulation : CK(163) : AC(105)

Fisetin induces programmed cell death in colon cancer cells by inhibiting inflammatory enzymes and signaling pathways.

Pubmed Data : Carcinogenesis. 2009 Feb;30(2):300-7. Epub 2008 Nov 26.

PMID: 19037088

Article Published Date : Feb 01, 2009

Study Type : In Vitro Study

Substances : Fisetin : CK(12) : AC(11), Flavonoids : CK(909) : AC(289) Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Anticarcinogenic Agents : CK(521) : AC(275), Apoptotic : CK(1539) : AC(1155), Cyclooxygenase 2 Inhibitors : CK(269) : AC(169), NF-kappaB Inhibitor : CK(595) : AC(401)

Additional Keywords : Plant Extracts : CK(3775) : AC(1248)

Flavanols and procyanidins of cocoa and chocolate inhibit growth and polyamine biosynthesis of human colonic cancer cells.

Pubmed Data : Cancer Lett. 2002 Jan 25;175(2):147-55. PMID: 11741742 Article Published Date : Jan 25, 2002

Study Type : In Vitro Study

Substances : Catechin : CK(403) : AC(130), Flavonoids : CK(909) : AC(289) Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antineoplastic Agents : CK(877) : AC(496), Antioxidants : CK(3723) : AC(1318), Antiproliferative : CK(1061) : AC(775), Apoptotic : CK(1539) : AC(1155)

Additional Keywords : Plant Extracts : CK(3775) : AC(1248), Proanthocyanidins : CK(159) : AC(46)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antineoplastic Agents : CK(877) : AC(496), Antiproliferative : CK(1061) : AC(775), Apoptotic : CK(1539) : AC(1155), Bcl-2 protein down-regulation : CK(49) : AC(38)

Additional Keywords : Phytotherapy : CK(357) : AC(58), Plant Extracts : CK(3775) : AC(1248)

Fucoidan present in brown algae induces apoptosis of human colon cancer cells. Article Publish Status : This is a free article. Click here to read the complete article. Pubmed Data : BMC Gastroenterol. 2010 ;10:96. Epub 2010 Aug 22. PMID: 20727207 Article Published Date : Dec 31, 2009

Study Type : In Vitro Study

Substances : Fucoidan : CK(152) : AC(72)

Gallic acid induces programmed cell death in human stomach and colon cancer cell lines.
Pubmed Data : Oncol Rep. 2000 Nov-Dec;7(6):1221-3. PMID: 11032918 Article Published
Date : Nov 01, 2000
Study Type : In Vitro Study
Substances : Gallic Acid : CK(26) : AC(13)
Diseases : Colon Cancer : CK(895) : AC(233), Stomach Cancer : CK(373) : AC(20)
Pharmacological Actions : Apoptotic : CK(1539) : AC(1155)

Gamma tocotrienol promotes programmed cell death in cancer cell lines. Pubmed Data :
Mol Cancer Ther. 2010 Aug;9(8):2196-207. Epub 2010 Aug 3. PMID: 20682650
Article Published Date : Aug 01, 2010
Study Type : In Vitro Study
Substances : Tocotrienol: Gamma : CK(12) : AC(12)
Diseases : Colon Cancer : CK(895) : AC(233), Kidney Cancer : CK(120) :
AC(17), Pancreatic Cancer : CK(530) : AC(168)
Pharmacological Actions : Apoptotic : CK(1539) : AC(1155), Cell cycle arrest : CK(390):
AC(319), Tumor Suppressor Protein p53 Upregulation : CK(163) : AC(105)

Gamma-tocotrienol inhibits proliferation and induces programmed cell death in human colon
cancer cells.
Pubmed Data : Rom J Virol. 1995 Jul-Dec;46(3-4):115-33. PMID: 19121919 Article
Published Date : Jul 01, 1995
Study Type : In Vitro Study
Substances : Vitamin E : CK(1285) : AC(221), Vitamin E: Gamma-tocotrienol : CK(43):
AC(12)
Diseases : Colon Cancer : CK(895) : AC(233)
Pharmacological Actions : Anticarcinogenic Agents : CK(521) : AC(275), Antiproliferative :
CK(1061) : AC(775), Apoptotic : CK(1539) : AC(1155), Cell cycle arrest : CK(390) :
AC(319), NF-kappaB Inhibitor : CK(595) : AC(401)
AC(1155), Insulin-Like Growth Factor Inhibition/Downregulation : CK(66) : AC(16)

Genistein inhibits cell proliferation and increases programmed cell death in human colon
cancer cells.
Pubmed Data : J Med Food. 2005;8(4):431-8. PMID: 16379552
Article Published Date : Jan 01, 2005
Study Type : In Vitro Study
Substances : Genistein : CK(450) : AC(174), Isoflavones : CK(627) : AC(124)
Diseases : Colon Cancer : CK(895) : AC(233)
Pharmacological Actions : Antiproliferative : CK(1061) : AC(775), Apoptotic : CK(1539):

Genistein modulates vitamin D metabolism and receptor expression in a manner which may
contribute to colon cancer prevention.
Pubmed Data : Recent Results Cancer Res.2003;164:379-91. PMID: 12899537 Article
Published Date : Jan 01, 2003
Study Type : In Vitro Study
Substances : Vitamin D : CK(1682) : AC(238)
Diseases : Colon Cancer : CK(895) : AC(233)
Pharmacological Actions : Chemopreventive : CK(1528) : AC(382)

Ginseng polysaccharides exhibit antiproliferative activity against human colon cancer cells.
Pubmed Data : Glia. 2009 Mar;57(4):402-13. PMID: 20165990

Article Published Date : Mar 01, 2009

Study Type : In Vitro Study

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antiproliferative : CK(1061) : AC(775), Cell cycle arrest : CK(390) : AC(319)

Glycoalkaloids and metabolites inhibit the growth of human colon and liver cancer cells.

Pubmed Data : J Agric Food Chem. 2004 May 19 ;52(10):2832-9. PMID: 15137822 Article

Published Date : May 19, 2004

Study Type : In Vitro Study

Substances : Solasodine glycoalkaloids : CK(14) : AC(4)

Diseases : Colon Cancer : CK(895) : AC(233), Liver Cancer : CK(1641) : AC(266)

Pharmacological Actions : Antiproliferative : CK(1061) : AC(775)

Pharmacological Actions : Antiproliferative : CK(1061) : AC(775), Apoptotic : CK(1539): AC(1155)

Gold exhibits antitumor effects by growth suppression of cultured cancer cells. Gold is less toxic than cisplatin.

Pubmed Data : Cancer Biother Radiopharm. 1998 Jun;13(3):189-92. PMID: 10850355

Article Published Date : Jun 01, 1998

Study Type : In Vitro Study

Substances : Gold : CK(3) : AC(2)

Diseases : Chemotherapy-Induced Toxicity: Cisplatin : CK(172) : AC(66), Colon Cancer: CK(895) : AC(233), Lymphoma : CK(209) : AC(69)

Pharmacological Actions : Antineoplastic Agents : CK(877) : AC(496), Antiproliferative: CK(1061) : AC(775), Cell cycle arrest : CK(390) : AC(319)

Additional Keywords : Natural Substances Versus Drugs : CK(988) : AC(165) Grape seed extract triggers programmed cell death in a human colon cancer cell line. Pubmed Data : Br J Nutr. 2010 Sep;104(6):824-32. Epub 2010 Jun 14. PMID: 20540818 Article Published Date : Sep 01, 2010

Study Type : In Vitro Study

Substances : Flavonoids : CK(909) : AC(289), Grape Seed Extract : CK(171) : AC(57)

Diseases : Colon Cancer : CK(895) : AC(233)

Graviola (Annona muricata) contains compounds with cytotoxic effects against tumor cell lines, including colon cancer cells in which it was 10,000 times the potency of adriamycin.

Pubmed Data : J Nat Prod.1996 Feb;59(2):100-8. PMID: 8991944

Article Published Date : Feb 01, 1996

Study Type : In Vitro Study

Substances : Graviola : CK(7) : AC(6)

Diseases : Colon Cancer : CK(895) : AC(233)

Additional Keywords : Superiority of Natural Substances versus Drugs : CK(910) : AC(174)

Greek propolis exhibits antiproliferative effects against human colon cancer cells. Pubmed Data : J Med Food. 2010 Feb 4. Epub 2010 Feb 4. PMID: 20132046 Article Published Date : Feb 04, 2010

Study Type : In Vitro Study

Substances : Bee Propolis : CK(220) : AC(83)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antiproliferative : CK(1061) : AC(775), Cell cycle arrest :

CK(390) : AC(319)

Additional Keywords : Selective Cytotoxicity : CK(60) : AC(42)

Horse chestnut contains compounds which inhibit the growth of colon cancer cells. Pubmed Data : Mol Cancer Ther. 2006 Jun;5(6):1459-66. PMID: 16818504 Article Published Date : Jun 01, 2006

Study Type : In Vitro Study

Substances : Horse Chestnut : CK(21) : AC(3)

Diseases : Colon Cancer : CK(895) : AC(233)

IL-17 mucosal protection mechanism as biomarker for development of villous atrophy and active CD?

Pubmed Data : Clin Exp Immunol. 2012 Feb ;167(2):226-34. PMID: 22235998 Article Published Date : Jan 31, 2012

Study Type : Review

Diseases : Celiac Disease : CK(1578) : AC(215), Colon Cancer : CK(895) :

AC(233), Diabetes Mellitus: Type 1: Prevention : CK(197) : AC(30)

Pharmacological Actions : Apoptotic : CK(1539) : AC(1155)

Additional Keywords : FoxP3, IL-17 : CK(11) : AC(1), Retinoic Acid : CK(3) : AC(2)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antineoplastic Agents : CK(877) : AC(496), Antioxidants :

CK(3723) : AC(1318), Antiproliferative : CK(1061) : AC(775)

Inositol hexaphosphate induces growth inhibition and differentiation of human colon cancer cells.

Pubmed Data : Anticancer Res. 1995 Nov-Dec;15(6B):2479-87. PMID: 8669811 Article

Published Date : Nov 01, 1995

Study Type : In Vitro Study

Substances : Inositol Hexaphosphate : CK(31) : AC(15)

Lignans are involved in the antitumor activity of wheat bran in colon cancer cells. Pubmed Data : J Nutr. 2005 Mar;135(3):598-602. PMID: 15735100

Article Published Date : Mar 01, 2005

Study Type : In Vitro Study

Substances : Fiber : CK(484) : AC(70), Lignans : CK(110) : AC(31), Wheat Bran : CK(39) : AC(9)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Anticarcinogenic Agents : CK(521) : AC(275), Cell cycle arrest : CK(390) : AC(319), Chemopreventive : CK(1528) : AC(382)

Luteolin induces cell cycle arrest and programmed cell death in human colon cancer cells.

Pubmed Data : Am J Physiol Gastrointest Liver Physiol. 2007 Jan;292(1):G66-75. Epub 2006 Aug 10. PMID: 16901994

Article Published Date : Jan 01, 2007

Study Type : In Vitro Study

Substances : Luteolin : CK(62) : AC(51)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Apoptotic : CK(1539) : AC(1155), Cell cycle arrest : CK(390) : AC(319)

Luteolin inhibits cell proliferation in experimental colon carcinogenesis. Pubmed Data : Invest New Drugs. 2009 Dec 15. Epub 2009 Dec 15. PMID: 20013030 Article Published Date : Dec 15, 2009

Study Type : In Vitro Study

Substances : Luteolin : CK(62) : AC(51)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antiproliferative : CK(1061) : AC(775)

Lycopene induces cell growth inhibition in a variety of cancer cell lines.

Pubmed Data : Carcinogenesis. 2010 Oct;31(10):1813-21. Epub 2010 Aug 10.

PMID: 20699249

Article Published Date : Oct 01, 2010

Study Type : In Vitro Study

Substances : Carotenoids : CK(1055) : AC(213), Lycopene : CK(194) : AC(38)

Diseases : Colon Cancer : CK(895) : AC(233), Lung Cancer : CK(496) : AC(198), Prostate Cancer : CK(998) : AC(288)

Pharmacological Actions : Anticarcinogenic Agents : CK(521) : AC(275), Antiproliferative : CK(1061) : AC(775), Apoptotic : CK(1539) : AC(1155), Cell cycle arrest : CK(390) : AC(319), NF-kappaB Inhibitor : CK(595) : AC(401)

Pubmed Data : Anticancer Res. 1998 May-Jun;18(3A):1405-8. PMID: 9673348 Article Published Date : May 01, 1998

Study Type : In Vitro Study

Substances : Enterodiol : CK(34) : AC(12), Enterolactone : CK(301) : AC(10), Flaxseed: CK(275) : AC(57), Lignans : CK(110) : AC(31)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antiproliferative : CK(1061) : AC(775)

Mammalian lignans inhibit the growth of estrogen-independent human colon tumor cells.

Maslinic acid, a natural triterpene from olives, induces programmed cell death in human colon-cancer cells.

Pubmed Data : Cancer Lett. 2009 Jan 8;273(1):44-54. Epub 2008 Sep 14.

PMID: 18790561

Article Published Date : Jan 08, 2009

Study Type : In Vitro Study

Substances : Olive : CK(401) : AC(97)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Apoptotic : CK(1539) : AC(1155)

Mastic gum induces programmed cell death in human colon cancer cells. Pubmed Data : In Vivo. 2005 Jan-Feb;19(1):93-102. PMID: 15796160 Article Published Date : Jan 01, 2005

Study Type : In Vitro Study

Substances : Mastic gum : CK(47) : AC(9)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Apoptotic : CK(1539) : AC(1155) Additional Keywords : Plant Extracts : CK(3775) : AC(1248)

Oats contain avenanthramides which inhibit proliferation of human colon cancer cell lines in vitro.

Pubmed Data : Nutr Cancer. 2010;62(8):1007-16. PMID: 21058188

Article Published Date : Jan 01, 2010

Study Type : In Vitro Study

Substances : Avenanthramides : CK(1) : AC(1), Oats : CK(286) : AC(45) Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antiproliferative : CK(1061) : AC(775), Cyclooxygenase 2 Inhibitors : CK(269) : AC(169)

Additional Keywords : Plant Extracts : CK(3775) : AC(1248)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antineoplastic Agents : CK(877) : AC(496), Antiproliferative: CK(1061) : AC(775), Cell cycle arrest : CK(390) : AC(319), Cyclooxygenase 2 Inhibitors : CK(269) : AC(169)

Olive oil polyphenols inhibit human colon cancer cell proliferation.

Pubmed Data : Biochem Biophys Res Commun. 2007 Oct 26;362(3):606-11. Epub 2007 Aug 17. PMID: 17727817

Article Published Date : Oct 26, 2007

Study Type : In Vitro Study

Substances : Flavonoids : CK(909) : AC(289), Hydroxytyrosol : CK(13) : AC(11), Oleuropein : CK(51) : AC(32), Olive : CK(401) : AC(97), Polyphenols : CK(427) : AC(174), Tyrosol : CK(3) : AC(3)

Omega-3 fatty acids reduce chemoresistance in multidrug resistant colon cancer cell lines.

Article Published Date : Nov 12, 2013

Study Type : In Vitro Study

Substances : DHA (Docosahexaenoic Acid) : CK(582) : AC(100), EPA (Eicosapentaenoic Acid) : CK(608) : AC(86), Omega-3 Fatty Acids : CK(3333) : AC(319) Diseases : Cancers: Multi-Drug Resistant : CK(92) : AC(73), Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Chemosensitizer : CK(197) : AC(159)

Oregano induces programmed cell death in human colon cancer cells. Pubmed Data : Nutr Cancer. 2009;61(3):381-9. PMID: 19373612 Article Published Date : Jan 01, 2009

Study Type : In Vitro Study

Substances : Oregano : CK(67) : AC(31)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Apoptotic : CK(1539) : AC(1155) Additional Keywords : Plant Extracts : CK(3775) : AC(1248)

Oyster mushroom (P. ostreatus) polysaccharide induces anti-proliferative and pro-apoptotic effects on HT-29 colon cancer cells.

Pubmed Data : Cancer Lett. 2006 Nov 28;244(1):61-70. Epub 2006 Jan 18.

PMID: 16413114

Article Published Date : Nov 28, 2006

Study Type : In Vitro Study

Substances : Oyster Mushroom : CK(33) : AC(14)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antineoplastic Agents : CK(877) : AC(496), Antiproliferative : CK(1061) : AC(775), Apoptotic : CK(1539) : AC(1155)

Additional Keywords : Plant Extracts : CK(3775) : AC(1248)

Oyster mushroom (P. ostreatus) inhibits proliferation of human breast and colon cancer cells.

Pubmed Data : Int J Oncol. 2008 Dec;33(6):1307-13. PMID: 19020765 Article Published
Date : Dec 01, 2008
Study Type : In Vitro Study
p53 Upregulation : CK(163) : AC(105)

Substances : Oyster Mushroom : CK(33) : AC(14)
Diseases : Breast Cancer : CK(2372) : AC(660), Colon Cancer : CK(895) : AC(233)
Pharmacological Actions : Antineoplastic Agents : CK(877) : AC(496), Antiproliferative :
CK(1061) : AC(775), Cell cycle arrest : CK(390) : AC(319), Tumor Suppressor Protein

Peptides from water buffalo cheese whey induce cell death in human colon cancer cells.
Pubmed Data : Mol Nutr Food Res. 2010 Aug 19. Epub 2010 Aug 19. PMID: 20725925
Article Published Date : Aug 19, 2010
Study Type : In Vitro Study
Substances : Whey : CK(343) : AC(72)
Diseases : Colon Cancer : CK(895) : AC(233)

Peelings linteus extract germinated on brown rice induces cell cycle arrest and programmed
cell death in human colon cancer cells.
Pubmed Data : Phytother Res. 2009 Dec 8. Epub 2009 Dec 8. PMID: 19998418 Article
Published Date : Dec 08, 2009
Study Type : In Vitro Study
Substances : Beta-glucan : CK(211) : AC(37), Brown Rice : CK(24) : AC(9), Phellinus
Linteus : CK(6) : AC(4)
Diseases : Colon Cancer : CK(895) : AC(233)
Pharmacological Actions : Apoptotic : CK(1539) : AC(1155), Cell cycle arrest : CK(390) :
AC(319)

Phloretin, which is present in apples and pears, induces programmed cell death in human
colon cancer cells.
Pubmed Data : Methods. 2007 Aug;42(4):339-48. PMID: 18158826
Article Published Date : Aug 01, 2007
Study Type : In Vitro Study
Substances : Apples : CK(179) : AC(57), Pear : CK(16) : AC(5), Phloretin : CK(4) : AC(4)
Diseases : Colon Cancer : CK(895) : AC(233)
Pharmacological Actions : Antiproliferative : CK(1061) : AC(775), Apoptotic : CK(1539):
AC(1155)

Pomegranate juice, total pomegranate ellagitannins, and punicalagin suppress inflammatory
cell signaling in colon cancer cells.
Pubmed Data : J Agric Food Chem. 2006 Feb 8;54(3):980-5. PMID: 16448212 Article
Published Date : Feb 08, 2006
Study Type : In Vitro Study
Substances : Pomegranate : CK(164) : AC(70)
Diseases : Colon Cancer : CK(895) : AC(233)
Pharmacological Actions : Anti-Inflammatory Agents : CK(1230) : AC(433), Cyclooxygenase
2 Inhibitors : CK(269) : AC(169), Tumor Necrosis Factor (TNF) Alpha Inhibitor: CK(971) :
AC(348)
Additional Keywords : Antineoplastic Agents : CK(69) : AC(28)
Article Published Date : Jun 01, 2005
Study Type : In Vitro Study

Substances : Ellagic Acid : CK(77) : AC(40), Polyphenols : CK(427) : AC(174), Tannic Acid : CK(20) : AC(16)
Diseases : Colon Cancer : CK(895) : AC(233), Oral Cancer : CK(66) : AC(43), Prostate Cancer : CK(998) : AC(288)
Pharmacological Actions : Anticarcinogenic Agents : CK(521) : AC(275), Antioxidants : CK(3723) : AC(1318), Antiproliferative : CK(1061) : AC(775)
Additional Keywords : Plant Extracts : CK(3775) : AC(1248)

Pomegrante contains compounds with antiproliferative, apoptotic and antioxidant activities against various cancer cell lines.

Pubmed Data : J Nutr Biochem. 2005 Jun;16(6):360-7. PMID: 15936648

Pre- and probiotics may prevent the onset of colon cancer.

Pubmed Data : Rinsho Byori. 2009 Jun;57(6):533-41. PMID: 19621785 Article Published Date : Jun 01, 2009

Study Type : Review

Substances : Prebiotics : CK(114) : AC(15), Probiotics : CK(2468) : AC(245)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Chemopreventive : CK(1528) : AC(382)

Propolis inhibits the growth of human colon cancer cell lines.

Pubmed Data : Oncol Rep.2009 Aug;22(2):349-54 PMID: 19578776 Article Published Date : Aug 01, 2009

Study Type : In Vitro Study

Substances : Bee Propolis : CK(220) : AC(83)

Diseases : Colon Cancer : CK(895) : AC(233), Colorectal Cancer : CK(877) : AC(321)

Prunus mume (Japanese apricot) has significant anti-proliferative activity against human colon cancer cell lines.

Pubmed Data : World J Gastroenterol. 2007 Dec 28;13(48):6512-7. PMID: 18161921 Article Published Date : Dec 28, 2007

Study Type : In Vitro Study

Substances : Ume (Japanese apricot) : CK(22) : AC(10)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Anti-Proliferative : CK(55) : AC(49)

Pterostilbene exhibits anti-inflammatory activity in colon cancer cells.

Pubmed Data : Vestn Khir Im I I Grek. 2006;165(1):49-54. PMID: 19549798 Article Published Date : Jan 01, 2006

Study Type : In Vitro Study

Substances : Pterostilbene : CK(1029) : AC(29), Resveratrol : CK(977) : AC(590)

Diseases : Colon Cancer : CK(895) : AC(233), Inflammation : CK(1077) : AC(363)

Pharmacological Actions : Anti-Inflammatory Agents : CK(1230) : AC(433), Antiproliferative : CK(1061) : AC(775), Cyclooxygenase 2 Inhibitors : CK(269) : AC(169) Additional Keywords : Stilbenes : CK(402) : AC(242)

Red Yeast Rice demonstrates chemopreventive action against colon cancer. Pubmed Data

: Clin Endocrinol (Oxf). 2008 Aug;69(2):338-41. Epub 2008 Jan 23. PMID: 17869085

Article Published Date : Aug 01, 2008

Study Type : In Vitro Study

Substances : Red Yeast Rice : CK(164) : AC(25)
Diseases : Colon Cancer : CK(895) : AC(233)
Pharmacological Actions : Chemopreventive : CK(1528) : AC(382)
Additional Keywords : The Whole is Greater than the Parts : CK(1) : AC(1)

Resveratrol and piperine enhance radio sensitivity of tumor cells.
Pubmed Data : BMB Rep. 2012 Apr ;45(4):242-6. PMID: 22531135
Article Published Date : Mar 31, 2012
Study Type : In Vitro Study

Additional Links

Substances : Piperidines : CK(45) : AC(17), Piperine : CK(29) : AC(14), Resveratrol : CK(977) : AC(590), Stilbenes : CK(128) : AC(92)
Diseases : Cancers: Radiation-Resistant : CK(7) : AC(1), Colon Cancer : CK(895) : AC(233)
Pharmacological Actions : Anticarcinogenic Agents : CK(521) : AC(275), Apoptotic : CK(1539) : AC(1155), Radio sensitizer : CK(52) : AC(29)

Resveratrol and tannic acid may exert a chemopreventive action by inhibiting nitric oxide in cancer cells.

Pubmed Data : Cancer Biother Radiopharm. 2010 Oct;25(5):577-80. Epub 2010 Sep 28. PMID:20874429

Article Published Date : Oct 01, 2010

Study Type : In Vitro Study

Substances : Resveratrol : CK(977) : AC(590), Tannic Acid : CK(20) : AC(16)
Diseases : Breast Cancer : CK(2372) : AC(660), Colon Cancer : CK(895) : AC(233)
Pharmacological Actions : Anticarcinogenic Agents : CK(521) : AC(275), Nitric Oxide Inhibitor : CK(108) : AC(57)
Additional Keywords : Stilbenes : CK(402) : AC(242)

Resveratrol exhibits anti-cancer and anti-metastatic activity in colon cancer cells. Pubmed Data : Biochem Pharmacol. 2010 Dec 15;80(12):2057-65. Epub 2010 Jul 15. PMID:20637737

Article Published Date : Dec 15, 2010

Study Type : In Vitro Study

Substances : Resveratrol : CK(977) : AC(590)
Diseases : Colon Cancer : CK(895) : AC(233)
Pharmacological Actions : Anti-metastatic : CK(192) : AC(115), Antineoplastic Agents : CK(877) : AC(496), Antioxidants : CK(3723) : AC(1318)
Additional Keywords : Stilbenes : CK(402) : AC(242)

Article Published Date : Oct 01, 1997 Study Type : In Vitro Study

Substances : Resveratrol : CK(977) : AC(590) Diseases : Colon Cancer : CK(895) : AC(233)

Resveratrol is antiproliferative in human colon cancer cells in vitro. Pubmed Data : Neurochem Res. 1997 Oct;22(10):1187-92. PMID: 16918129

Resveratrol suppresses IGF-1 induced human colon cancer cell proliferation and elevates programmed cell death.

Pubmed Data : BMC Cancer. 2010;10:238. Epub 2010 May 26. PMID: 20504360 Article

Published Date : Jan 01, 2010

Study Type : In Vitro Study

Substances : Resveratrol : CK(977) : AC(590)
Diseases : Colon Cancer : CK(895) : AC(233), Insulin-like Growth Factor (IGF): Elevated : CK(33) : AC(6)
Pharmacological Actions : Antiproliferative : CK(1061) : AC(775), Apoptotic : CK(1539): AC(1155), Cell cycle arrest : CK(390) : AC(319), Tumor Suppressor Protein p53 Upregulation : CK(163) : AC(105)
Additional Keywords : Stilbenes : CK(402) : AC(242)

Review: The present state of antineoplasia research (1)
Pubmed Data : Integr Cancer Ther. 2004 Mar ;3(1):47-58. PMID: 15035876 Article
Published Date : Mar 01, 2004
Study Type : Review
Substances : Antineoplastons : CK(134) : AC(36)
Diseases : Colon Cancer : CK(895) : AC(233), Glioma : CK(74) : AC(40), Glioma: Progressive Brainstem : CK(21) : AC(1), Liver Cancer : CK(1641) : AC(266)
Pharmacological Actions : 1-Glutamine Uptake Inhibitor : CK(2) : AC(2), 1-Leucine Uptake Inhibitor : CK(1) : AC(1), Histone deacetylase inhibitor : CK(26) : AC(16), P21 Activation : CK(8) : AC(1), Tumor Suppressor Protein p53 Upregulation : CK(163) : AC(105)

Rice bran peptides exhibit anti-proliferative activity against human colon, breast and liver cancer cells.
Pubmed Data : Cancer. 2004 Sep 1;101(5):1058-64. PMID: 20594954 Article Published Date : Sep 01, 2004
Study Type : In Vitro Study
Substances : Bran : CK(119) : AC(22), Rice Bran : CK(29) : AC(14)
Diseases : Breast Cancer : CK(2372) : AC(660), Colon Cancer : CK(895) : AC(233), Liver Cancer : CK(1641) : AC(266)
Pharmacological Actions : Antiproliferative : CK(1061) : AC(775)
Substances : Selenium : CK(574) : AC(94)
Diseases : Colon Cancer : CK(895) : AC(233)
Pharmacological Actions : Antiproliferative : CK(1061) : AC(775), Apoptotic : CK(1539): AC(1155), Tumor Suppressor Protein p53 Upregulation : CK(163) : AC(105)

Selenomethionine exerts inhibitory effects in colon cancer cells by inducing cell cycle arrest as well as programmed cell death.
Pubmed Data : Cancer Biol Ther. 2006 May;5(5):529-35. Epub 2006 May 5.
PMID: 16627976
Article Published Date : May 01, 2006
Study Type : In Vitro Study

Sesamin manifests chemopreventive effects in a wide range of cancer cell lines. Pubmed Data : Mol Cancer Res. 2010 May;8(5):751-61. Epub 2010 May 11. PMID: 20460401
Article Published Date : May 01, 2010
Study Type : In Vitro Study
Substances : Sesame Seeds : CK(151) : AC(27)
Diseases : Breast Cancer : CK(2372) : AC(660), Colon Cancer : CK(895) : AC(233), Leukemia : CK(690) : AC(258), Lung Cancer : CK(496) : AC(198), Multiple Myeloma : CK(156) : AC(53), Pancreatic Cancer : CK(530) : AC(168), Prostate Cancer : CK(998): AC(288)
Pharmacological Actions : Anti-Angiogenic : CK(143) : AC(101), Anti-Proliferative : CK(55) : AC(49), Cell cycle arrest : CK(390) : AC(319), Cyclooxygenase 2 Inhibitors : CK(269) :

AC(169), NF-kappaB Inhibitor : CK(595) : AC(401)
Additional Keywords : Sesamin : CK(1) : AC(1)

Silibinin, a compound found within milk thistle seed, causes cell cycle arrest and induces programmed cell death in human colon cancer cells.

Pubmed Data : Oncogene. 2003 Nov 13;22(51):8271-82. PMID: 14614451 Article Published Date : Nov 13, 2003

Study Type : In Vitro Study

Substances : Milk Thistle : CK(226) : AC(55), Silibinin : CK(58) : AC(10) Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Apoptotic : CK(1539) : AC(1155), Cell cycle arrest : CK(390) : AC(319), Enzyme Inhibitors : CK(372) : AC(208)

Sour orange contain bioactive compounds which inhibit cancer cell proliferation and induce cell cycle arrest.

Pubmed Data : J Agric Food Chem. 2010 Jan 13;58(1):180-6. PMID: 20000570 Article Published Date : Jan 13, 2010

Study Type : In Vitro Study

Substances : Citrus aurantium : CK(2) : AC(3)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antiproliferative : CK(1061) : AC(775), Cell cycle arrest : CK(390) : AC(319)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Cell cycle arrest : CK(390) : AC(319)

Soy isoflavones may protect against colon cancer.

Pubmed Data : Nutr Cancer. 2011 Jan;63(1):139-50. PMID: 21161820 Article Published Date : Jan 01, 2011

Study Type : In Vitro Study

Substances : Daidzein : CK(965) : AC(28), Genistein : CK(450) : AC(174), Glycitein : CK(1) : AC(1), Isoflavones : CK(627) : AC(124), Soy : CK(1688) : AC(350)

Sulforaphane activates programmed cell death pathways in human colon cancer cells.

Pubmed Data : Food Chem Toxicol. 2009 Sep;47(9):2366-73. Epub 2009 Jun 27. PMID: 19563859

Article Published Date : Sep 01, 2009

Study Type : In Vitro Study

Substances : Sulforaphane : CK(520) : AC(171)

Diseases : Colon Cancer : CK(895) : AC(233), DNA damage : CK(711) : AC(293), Oxidative Stress : CK(1975) : AC(710)

Pharmacological Actions : Anticarcinogenic Agents : CK(521) : AC(275), Apoptotic : CK(1539) : AC(1155), Tumor Suppressor Protein p53 Upregulation : CK(163) : AC(105)

Sulforaphane exhibits antiproliferative effects against a human colon cancer cell line.

Pubmed Data : Mol Nutr Food Res. 2007 Aug;51(8):977-84. PMID: 17628879 Article Published Date : Aug 01, 2007

Study Type : In Vitro Study

Substances : Sulforaphane : CK(520) : AC(171)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Anticarcinogenic Agents : CK(521) : AC(275), Antiproliferative : CK(1061) : AC(775), Apoptotic : CK(1539) : AC(1155), Cell cycle arrest : CK(390) :

AC(319)

Sulforaphane exhibits antiproliferative effects in a human colon cancer cell line. Pubmed Data : Acta Medica (Hradec Kralove). 2007;50(3):171-6. PMID: 18254269 Article Published Date : Jan 01, 2007

Study Type : In Vitro Study

Substances : Sulforaphane : CK(520) : AC(171)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Anticarcinogenic Agents : CK(521) : AC(275), Antiproliferative : CK(1061) : AC(775), Apoptotic : CK(1539) : AC(1155)

Sulforaphane has a chemopreventive effect in colon cancer cells.

Pubmed Data : Chin J Physiol. 2012 Apr 30 ;55(2):134-44. PMID: 22559738 Article

Published Date : Apr 30, 2012

Study Type : In Vitro Study

Substances : Sulforaphane : CK(520) : AC(171)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Apoptotic : CK(1539) : AC(1155), Bcl-2 protein down-regulation : CK(49) : AC(38), Cell cycle arrest : CK(390) : AC(319), Chemopreventive : CK(1528) : AC(382)

Article Published Date : Oct 01, 2011

Study Type : In Vitro Study

Substances : Sulforaphane : CK(520) : AC(171)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Apoptotic : CK(1539) : AC(1155)

Sulforaphane induces cell death in colon cancer cells.

Pubmed Data : Toxicol In Vitro. 2011 Oct ;25(7):1302-9. Epub 2011 May 1.

PMID: 21557998

Sulforaphane potentiates oxaliplatin-induced cell growth inhibition in colorectal cancer cells.

Pubmed Data : Cancer Chemother Pharmacol. 2010 Aug 6. Epub 2010 Aug 6.

PMID: 20689952

Article Published Date : Aug 06, 2010

Study Type : In Vitro Study

Substances : Sulforaphane : CK(520) : AC(171)

Diseases : Colon Cancer : CK(895) : AC(233), Colorectal Cancer : CK(877) : AC(321), Colorectal Tumors : CK(5) : AC(4)

Pharmacological Actions : Chemosensitizer : CK(197) : AC(159)

Additional Keywords : Drug: Oxaliplatin : CK(6) : AC(5), Drug-Plant-Vitamin Synergies : CK(1011) : AC(268)

Supercritical extracts of aloe vera exhibit antitumor properties and modulate antioxidant enzymes.

Pubmed Data : Curr Med Chem. 2009 Nov 24. Epub 2009 Nov 24. PMID: 19941474 Article

Published Date : Nov 24, 2009

Study Type : In Vitro Study

Substances : Aloe Vera : CK(201) : AC(44)

Diseases : Acute lymphoblastic leukemia (ALL) : CK(96) : AC(29), Colon Cancer: CK(895) : AC(233), Leukemia: Acute myelogenous leukemia (AML) : CK(96) : AC(28), Tumors : CK(199) : AC(110)

Pharmacological Actions : Anti-Tumor : CK(69) : AC(44)
Additional Keywords : Selective Cytotoxicity : CK(60) : AC(42)

Tart cherry juice inhibits colon cancer cell tumor development and proliferation. Pubmed
Data : Cancer Lett. 2003 May 8;194(1):13-9. PMID: 12706854 Article Published Date : May
08, 2003

Study Type : In Vitro Study

Substances : Tart Cherry : CK(102) : AC(12)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Anti-Inflammatory Agents : CK(1230) : AC(433), Anti-Proliferative
: CK(55) : AC(49)

The endogenous cannabinoid, anandamide, induces COX-2-dependent cell death in
apoptosis-resistant colon cancer cells

Pubmed Data : Int J Oncol. 2010 Jul;37(1):187-93. PMID: 20514410

Article Published Date : Jul 01, 2010

Study Type : In Vitro Study

Substances : Anandamide : CK(2) : AC(2)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Apoptotic : CK(1539) : AC(1155)

Additional Keywords : Endocannabinoid System : CK(1) : AC(1), Endogenous Cannabinoid
: CK(1) : AC(1)

The astaxanthin-rich algae *Haematococcus pluvialis* strongly inhibits colon cancer cells.

Pubmed Data : Cancer Lett. 2009 May 5. PMID: 19423215

Article Published Date : May 05, 2009

Study Type : In Vitro Study

Substances : Astaxanthin : CK(353) : AC(117), *Haematococcus pluvialis* : CK(1) : AC(1)

Diseases : Colon Cancer : CK(895) : AC(233)

The Indian Oyster Mushroom (*Pleurotus pulmonarius*) exhibits antiproliferative and
antiadhesive properties against colon cancer cells.

Pubmed Data : Cell Biol Int. 2010 Nov 2. Epub 2010 Nov 2. PMID: 19830415 Article

Published Date : Nov 02, 2010

Study Type : In Vitro Study

Substances : Oyster Mushroom: Indian : CK(9) : AC(5)

Diseases : Colon Cancer : CK(895) : AC(233), Tumors : CK(199) : AC(110)

Pharmacological Actions : Antiproliferative : CK(1061) : AC(775)

Tumeric inhibits cell growth and induces programmed cell death in human colon cancer cell
lines.

Pubmed Data : J Soc Integr Oncol. 2006 Winter;4(1):21-6. PMID: 16737669 Article

Published Date : Dec 01, 2006

Study Type : In Vitro Study

Diseases : Colon Cancer : CK(895) : AC(233)

Curcumin inhibits cell proliferation and induces cell cycle changes in colon adenocarcinoma
cell lines.

Pubmed Data : J Lab Clin Med. 1997 Dec;130(6):576-84. PMID: 9422331 Article Published
Date : Dec 01, 1997

Study Type : In Vitro Study

Substances : Curcumin : CK(2727) : AC(1534)

Diseases : Colon Cancer : CK(895) : AC(233)

Pharmacological Actions : Antiproliferative : CK(1061) : AC(775), Apoptotic : CK(1539): AC(1155), Cell cycle arrest : CK(390) : AC(319)

Wheat grass extract induces programmed cell death in colon cancer cell lines. Pubmed Data : Biochimie. 2008 May;90(5):790-801. Epub 2007 Dec 23. PMID: 18190797

Article Published Date : May 01, 2008

Study Type : In Vitro Study

Substances : Wheat Grass : CK(41) : AC(11)

Diseases : Colon Cancer : CK(895) : AC(233)

Willow bark contains phytochemicals which combat human colon and lung cancer cells.

Pubmed Data : Cancer Detect Prev. 2007;31(2):129-39. Epub 2007 Apr 6.

PMID: 17418981

Article Published Date : Jan 01, 2007

Study Type : In Vitro Study

Substances : Willow Bark : CK(23) : AC(4)

Diseases : Colon Cancer : CK(895) : AC(233), Lung Cancer : CK(496) : AC(198)

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Sweets & Sweeteners

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Rhubarb stalks x Savoy Cabbage x Sea Vegetables x Seaweed (dulse, kelp, laver, etc) x Shave grass x
Sorrel x Sourkraut x
Soy Sprouts x Spinach (*March harvest*) x Spinach (*other than March*) x Sprouted seeds (all kinds) x Squash
(all kinds, raw) x Straw grass x Thyme x Tomatoes (raw) x Tomatoes (sundried) x Watercress x Wheat grass
x White cabbage x Yeast x
Zucchini x

sweet potatoes x

Turnip x White radish (spring) x Yams x Barley x

Caraway seeds x Cumin seeds x Fennel seeds x Flax seeds x

Pumpkin seeds x

Sesame seeds x

Sunflower seeds x

Wheat Kernel x

Agave nectar x

Alcohol sugars (xylitol and the other

x

sacharides.

Artificial sweeteners x

Barley malt syrup x

Beet sugar x

Brown rice syrup x

Chocolates x

Dr. Bronner's barley malt sweetener x

Dried sugar cane juice x

Fructose x

Halva [ground sesame seed sweet] x

Honey x

Maple Syrup x

Molasses x

Sugar (white) x

Sugarcane x

Turbinado sugar x

Alfalfa x Alfalfa grass x Artichokes x Asparagus x Aubergine/Egg plant x Barley grass x Basil x Bell

peppers/capsicums (all colors) x Blue-Green Algae x

Bok Choy x Brussels sprouts x Cabbage lettuce, fresh x Canned vegetables x

Cauliflower x Cayenne pepper x Celery x Chives x Cilantro x Comfrey x Cooked vegetables (all kinds) x

Cucumber, fresh x Dandelion x Dog grass x Endive, fresh x French cut (*green*) beans x Frozen vegetables x

Garlic x Ginger x Ginseng x Green cabbage, (*December Harvest*) x Green cabbage, (*March Harvest*) x Horse

radish x Jicama x Kale x Kamut grass x Lamb's lettuce x Leeks (bulbs) x Lettuce x Mushrooms x

Mustard greens x Onion x Oregano x Parsnips x Peas, fresh x Peas, ripe x Peppers x Pickled vegetables x

Pumpkins (raw) x Raw onions x

About the Authors 579

About the Authors

Robert O. Young, Ph.D., D.Sc., is a nationally renowned microbiologist and nutritionist who speaks to audiences around the world on health and wellness. He holds a degree in microbiology and nutrition and has devoted his life to researching the cause of disease and helping people reclaim their health and well-being. Dr. Young is head of the pH Miracle Living Foundation and has gained national recognition for his research into diabetes, cancer, leukemia, and AIDS. He is a member of the American Society of Microbiologists and the American Naturopathic Association and conducts classes in live blood analysis and the “New Biology.”

Shelley Redford Young, L.M.T., is a licensed massage therapist with a passionate interest in optimum nutrition. With Dr. Young she speaks to audiences around the world on the basic requirements of a healthful diet, sharing her delicious, alkalizing, vegetarian recipes (many examples given in this book).

Together, Robert and Shelley Young provide a dynamic dose of health and nutrition expertise, guaranteed to inform and enlighten. They are authors of *The pH Miracle* and *pH Miracle for Diabetes*.